



OHL all-stars show off for fans

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SPOKE

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CSI expresses concern after professor talks to class about KPIs.

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Monday, February 12, 2007

Conestoga College, Kitchener, Ont.

www.conestogac.on.ca/spoke

39th Year — No. 6



(Photo by Aaron Schwab)

Third-year architecture construction engineering technology students, left to right, Brandon Strik, Gerald Jorgensen, Ryan Studholme, John Vanderwoerd and Sabrina Scalarini displayed their model of a six-storey senior citizen care facility, which took 15 weeks to design, at the annual Network 2007 event on Jan. 31.

Students display their wares for industry

By AARON SCHWAR

Budding architects had a chance to show off the fruits of their labour to fellow students and co-workers alike on Jan. 31.

The annual Network 2007 event took place in the blue room at Conestoga College and featured projects from students in the architecture construction engineering technology program as well as displays from employers in the industry.

According to Bill Alderson, program co-ordinator for the program, the benefits of Network 2007 are twofold.

"Companies from the industry have some displays here," Alderson

said, naming companies such as Ball Bros. Construction, Enermodal Engineering, which works with the government on greenhouse gas emission solutions, and RWDI, which develops solutions involving aerodynamics and snow loading. "Students can walk around and familiarize themselves with what's out in the industry and what they have to offer, and see some of the projects they've actually worked on."

"The other benefit is third-year and some second-year students have their own displays set up, and the industry people are going to walk around and look at those and get to know those, so there's a dual benefit."

"Once we have a graduate go into these companies, it's kind of like catching a fish, they keep coming back."

Bill Alderson,
program co-ordinator

Alderson said once a Conestoga graduate goes to work for a company present at Network 2007, those companies tend to come back to Conestoga to look for future employees.

"Once we have a graduate go into these companies, it's kind of like catching a fish; they keep coming

back," he said. "Because our fish make them a lot of money — that's what it comes down to."

Jim McCabe, a building code teacher in the program, congratulated the students in a speech for their hard work and the faculty of the program for their strong leadership.

"The partnerships we have with industry are fundamental to the success of the college and programs like this," he said. "It's the employers that ultimately make this program successful."

"I'm pleased to say we have the highest rate of graduate placement in the entire province, and to me, it's no surprise, given the quality of the graduates that come through

this institution through the hard work of both the students and the faculty members."

Third-year architecture construction engineering technology student, Sabrina Scalarini, and her group, Onyx Design, had a model of a six-storey senior citizen care facility they designed over 15 weeks on display at Network 2007.

"Industry has booths up and we have booths up, and it's a chance for the two sides to meet each other," Scalarini said. "You can talk to employers very colloquially, it's not a really rigid interview or anything."

"It's a good way to get to know the different industry people and see what jobs are out there."

College website getting an extreme makeover

Facelift will make it 'cleaner, lighter and brighter,' Osborne

By STEPHANIE IRVINE

Conestoga's No. 1 recruiting tool is undergoing some much-needed reconstructive surgery.

"We're excited," said Paul Osborne, director of marketing at the college. "We know it's going to be 100 times better than it is now."

Research done by the Ontario College Application Service (OCAS) has identified the top three things that help prospective students decide where to go. On-campus visits and interaction with current students ranked a close second and third, but this web-savvy generation wants a site that speaks to them.

"There's a lot of thought that's going into it," he said. "It's going to look a lot nicer - it's cleaner, lighter and brighter."

The team of five working on the new website also includes Dyan Tangney, web designer; Tanya Foubert, web developer; Wei Liu, webmaster; and Richard Gibson, chief information officer.

"The way it's built it's using better technology, more style - so we can actually go in later and alter the look somewhat without doing a revamp of the entire thing again," said Tangney.

She and Osborne agreed the real challenge is keeping the current site current while at the same time building the new one.

"This is the No. 1 priority of both Richard and my area right now, to get this website redone," said Osborne. "We meet every week and we're e-mailing in between. It's in full-scale go right now."

They said the new site will be

more reactive, intuitive and constantly changing. It may include things like a college directory, program-specific sites as well as announcements for school closures, but that won't be decided for some time.

"We think we'll be building the best college website there is."

Paul Osborne,
director of marketing

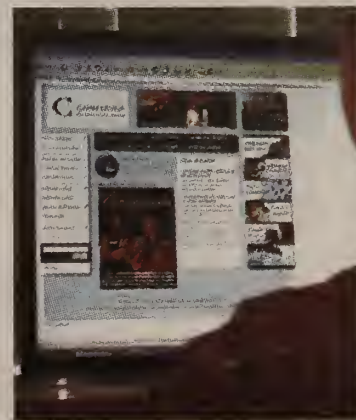
"We're working right now on building a better foundation," he said. "Instead of adding top-heavy things onto a flimsy foundation, let's build it from the bottom-up first and then we can add a lot of

the bells and whistles as we go."

Students and faculty will have a chance to give their input on the new site both through focus groups as well as online surveys once the design stage is further underway.

Osborne said he couldn't give an exact timeline for when the new site is expected to be up and running. He added they want to do the best job they can right off the bat.

"We think we'll be building the best college website there is," he said. "We really are trying to look hard from all our different customers' point of view - how do we make it graphically attractive, how do we make it ever-changing, how do we make it easy to navigate? Those are some of the things that we're really looking at."



(Photo by Stephanie Irvine)

Plans for a more user-friendly website are underway. Students and faculty will have input into the design. Announcements will be made on the Conestoga homepage.

Now deep thoughts ...with Conestoga College

Random questions answered by random students

What is the biggest surprise you've ever got for Valentine's Day?



"I got my whole entire room filled with roses."

*Dine Annou,
first-year computer
programming*



"Flowers from my classmates."

*Dalva Yousif,
second-year
general business
and marketing*



"I got a delivery of a huge plush dog with hearts, two dozen roses, chocolate and balloons from a guy that wanted to date me."

*Melissa Goodyear,
first-year human
services foundations*



"Crabs."

*Ben Adams,
first-year arts
and science
pre. tech*



"I got a card once. It wasn't addressed to me, but it made me pretty happy."

*Barry Clarke,
first-year general
arts and science*



"A Megadeth concert and dinner in Toronto."

*Andrea Demelo,
second-year
management studies*

Smile Conestoga, you could be our next respondent!

CSI worried students influenced before KPIs

College disappointed by professor's actions

By BRANDON WALKER

The vice-president of Conestoga Students Inc. (CSI) says a professor from the college used a PowerPoint presentation to try to sway students' opinions before writing the KPI survey.

Roxy Stanciu said she wonders how valid the KPI survey really is if Conestoga allows professors to influence how students feel about the college.

"Faculty are well aware that they have to be unbiased and aren't supposed to discuss the survey. By doing presentations like that professors might be swaying the survey."

A paper copy of the PowerPoint presentation was passed on to Spoke.

In the final screen of the presentation it says, "Generally speaking you are satisfied so ... when you're satisfied say so! Don't be apathetic. Answer satisfied or very satisfied - (or dissatisfied or very dissatisfied when that's truly the case.) Avoid answering neither satisfied nor dissatisfied."

Kevin Mullan, who is the vice-president of finance and administrative services at the college and who also sits on the KPI steering committee, said the college is disappointed with the professor's PowerPoint presentation.

"We met with the chair involved in the program. The chair sent an e-mail to students telling them the presentation was inappropriate and that we wanted their objective feedback on the quality of the services."

"It could be worse. I've heard some colleges give out pizza and chocolate bars around the time the KPI surveys are handed out and I've never heard of that happening here."

*Walter Boettger,
president of union local 237
representing faculty at the
college*

Mullan said it is a human resources issue that the college plans on dealing with.

"We've taken a stance that we don't even advertise the KPIs because we want unbiased opinion from students."

"There's no funding attached to the survey. Some colleges have sent e-mails to students saying they want higher ratings and students won't get a computer lab without higher ratings. We want unbiased opinion."

Stanciu also said a professor informed CSI he/she was told to tell students that only the extremely satisfied and extremely dissatisfied boxes are counted, but nothing in the middle.

"The professor didn't say who

they were instructed by, but they gave us (CSI) the heads up about what they were told." She said every box on the KPI survey counts.

CSI investigated further and started telling students to be honest when writing the survey, Stanciu said.

She said the professor refused to go on the record for fear of losing his or her job.



(Photo by Brandon Walker)

The vice-president of CSI, Roxy Stanciu, says she's concerned students are being told to give positive answers on the KPI survey.

CSI plans on auditing about 80 per cent of the surveys this year to prevent any influence on the survey results.

She also said as a student association, CSI has the right to audit the KPIs to ensure they're done accurately.

"We audit them every year, but this year we've set a strong schedule to be in the majority of the classes when the KPIs are administered. Obviously as students we can't be in all of them," she said.

She also said she was worried because she'd heard that some professors have told students it will look better on their resumes if the college remains No. 1 in the KPIs.

"It is absolutely crucial that students think about their answers. If they want to see changes made, they need to make it obvious (when filling out the KPIs). And if students feel the college is doing an excellent job, they should let them know that as well," Stanciu said.

Mullan said the college has a policy of sending memos to faculty and staff several times throughout the year, reminding them that the KPIs are coming up and asking them not to do any planning around the KPIs.

"Faculty can let students know the survey is coming up and can stress the importance of being honest on it, but can't make any comments that may bias students."

The KPIs are an indication of a college's strengths and weaknesses. Stanciu said the survey is administered twice a year - "In November for students who are in a co-op placement in the second half of the year and won't be around, and from Feb. 5 to 9 for everyone else."

She also said there are a lot of

misconceptions about the KPI survey.

"It doesn't affect the amount of grant money the college receives. That is absolutely not true. The KPIs are a measuring tool used to determine where improvements need to be made and where the college is excelling. It is also a tool used by the provincial government to determine how well the college is meeting the needs of students. The survey also compares it to other colleges in Ontario."

Mike Dinning, the vice-president of student affairs, said it's very important that students aren't biased when filling out the KPI survey.

"The whole principle is asking students for their uninfluenced decision on things," Dinning said. "Conestoga has never been cited for doing anything but a good job of implementing the survey."

Dinning said the college does everything it can to ensure it's done fairly and accurately.

The president of OPSEU local 237 which represents faculty at the college said he hasn't heard anything about professors being asked to pressure students before the KPI surveys.

"I have heard that some professors tell students it makes their resumes better if Conestoga is No. 1 in the KPI ratings, but that's nothing new," Walter Boettger said.

"It could be worse. I've heard some colleges give out pizza or chocolate bars around the time the KPI surveys are handed out and I've never heard of that happening here."

There is some truth to the idea that the Ministry of Training, Colleges and Universities only looks at the extremely satisfied and extremely dissatisfied boxes though, Boettger said.

Paul Scott, broadcasting professor at the college, wouldn't comment on the PowerPoint presentation, but said he's never been pressured to influence students before the KPIs.

"I make a point of not even being in the room when students do the survey. I think it's very important to the whole point of the survey that students aren't influenced."

After looking at the PowerPoint presentation, a second-year business management student agrees it is an attempt to sway students' opinions.

"It's basically trying to tell us what we think. It (the survey) is supposed to be written with an unbiased opinion."

According to the college website, "two outside professional research firms conduct the KPI surveys annually for the province's Ministry of Training, Colleges and Universities. Four independently administered surveys measure graduate employment, graduate satisfaction, employer satisfaction and student satisfaction."

Conestoga has been voted the No. 1 rated college in Ontario eight years in a row.

Online learning brings education right to your fingertips

By VANESSA BUTLER

School isn't for everyone, but online courses are making it easier to get an education. If you hate sitting in a classroom, listening to lectures, or having to attend class according to a schedule, then signing up for an online course might be a good idea.

Distance education is an alternative method of delivery but has the same outcome. An online student is required to complete a certain number of hours, write exams, put together projects and complete a certain number of hours of homework, depending on their course of choice.

Some examples of online courses that are offered are human resources, criminology, developmental psychology, nutrition and preparatory biology.

While working online, a student can chat and connect with other online students. They can also e-mail professors for help.

OntarioLearn.com is the website which students can go to, to sign up for an online course, inquire about prerequisites and find out which courses are offered as well as fees, start dates and course information.

The OntarioLearn program is delivered by 22 community colleges over the Internet. Students can chat from province to province and get help from a professor in Alberta, while taking the course in Kitchener.

"An online course gives a student the flexibility to work ahead or catch up on missed credits," said Shirley Nequest, a continuing education officer. "It's a good partnership. The focus is to meet the needs of the students in the community."

Students should consider an online course for a number of reasons. If your daily commute to a college is quite lengthy, then you may consider staying at home

spending the time on an online course, rather than on the road. It is also beneficial for people who work strange or long hours. If you have children in your life, completing an online course may be the only way to find time for school work.

"An online course isn't for everyone," said Nequest. "A student needs to be able to handle the workload, be very disciplined, and have strong reading skills, because most of the material that is covered is required to be read online."

Nequest said it takes discipline to be successful. "The students must discipline themselves in order to find time to sit down, get assignments done and write exams," she said. "Some students are auditory learners, some are visual, it really depends on the individual student's skills."

Some courses aren't as successful being taught online said Nequest. "Welding for example. You can't teach a student to weld online. This skill requires practical application, hands-on, applied learning. The theory can be studied online."

Taking an online course is beneficial for some students. "Students can work at their own pace," said Nequest. "It gives those students the flexibility they need."

OntarioLearn plans on increasing the number of courses it offers to students. Nequest said winter is the most popular time for students to take an online course, since driving conditions can prevent students from coming to the college. This year alone, there are more than 14,000 students registered across the province with OntarioLearn for the fall session.

For more information about online courses offered through the college, visit OntarioLearn.com, Conestoga Colleges' website or contact Shirley Nequest at snequest@conestogac.on.ca.

Security urges students to keep cars locked at Doon

By ADAM HANNON

Waterloo regional police are currently investigating the first theft at Conestoga College this semester.

On Jan. 27 a wallet and other belongings were stolen from a 2002 GMC Yukon at the college's Doon campus.

The theft occurred between 2:20 and 3:50 p.m. in parking lot 8 by the Student Client Services Building.

The owner of the vehicle can't remember if the vehicle was locked at the time of the incident.

"I expect that it wasn't (locked),"

said John Tribe, interim supervisor of safety and security services at the college. "There was no evidence of forced entry."

"We'd always preach that your vehicle should be locked."

Tribe said the college and the surrounding area has a fairly low crime rate.

"Our crime rate here would be fairly representative of this area," he said, adding that it would be slightly lower at the college than in the community at large.

"This is a very good environment," said Tribe.

Women in trades and technology take time to lunch and learn

Conestoga grads speak to staff and students about their role as women in a male-dominated profession

By TIFFANY MCCORMICK

Inspiration from those who have come and gone was the order of the day at the women in trades and technology lunch and learn on Jan. 31.

Anita Leduc and Natalia Faur, both graduates of the college, spoke to students, staff and faculty about the programs they were in and where they are now in the working world.

Leduc, who graduated from the civil engineering technology program, is now a project manager for the City of Kitchener and a part-time instructor in the program at Conestoga.

"I am very passionate about women in technology," she said. "I don't see a limit on my future in technology."

As for the stereotypical expectations about men's reactions to women in this field of work, Leduc said since entering the field almost 10 years ago she has only received three or four comments about her gender.

Her best advice for students in the engineering programs was to network and create contacts as well as build confidence in themselves.

"Stick it out, because the rewards come after," she said.

Faur, who came to Canada from Romania and graduated from the computer programmer analyst program, chose that education path because she believes computers are the future.

"I believe we're very powerful as women," she said to the group as she explained what she does as a web programmer and administrator at Marco Sales in Brantford.

Faur, who said she also hasn't come across sexist barriers, left the audience with the message that "no matter where you come from, if you want something bad enough you can always achieve it."

Julia Biedermann, chair of information technology, said she feels women in trades and technology is extremely important for society to have and doesn't understand why North America is behind in that area. She made the comparison to countries in Europe where the percentage of females in trade occupations is higher.

Of the presenters, Biedermann said "they were both great," especially since they graduated from two distinct programs.

"They gave a good message of being involved in professional organizations."



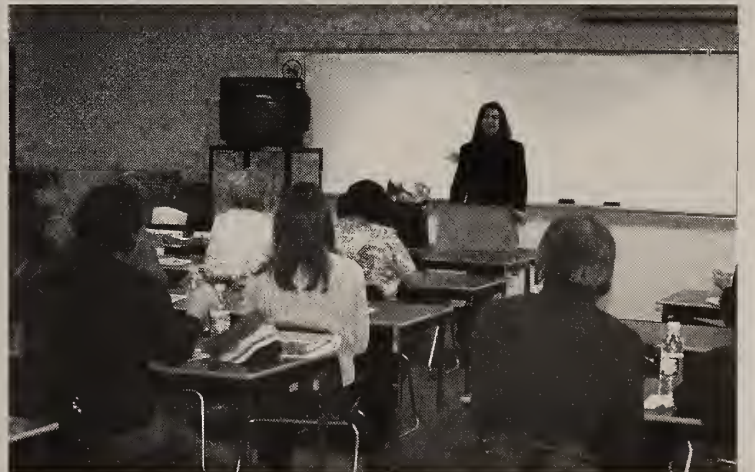
(Photo by Tiffany McCormick)

From left: Kristin Higgins, professor of information technology, Natalia Faur and Anita Leduc, former graduates of the college, and Julia Biedermann, chair of information technology, pose for a picture. Faur and Leduc spoke to students and staff about their current work experiences as women in the trades at the women in trades and technology lunch and learn Jan. 31.



(Photo by Tiffany McCormick)

Natalia Faur, a web programmer and administrator for Marco Sales in Brantford, addressed students and staff about her profession and school experiences in the field. She began her presentation with the empowering sentence, "I believe we're very powerful as women."



(Photo by Tiffany McCormick)

Project manager for the City of Kitchener, Anita Leduc, informed the audience that industry professionals are very happy with students coming out of Conestoga because of the skills they acquire while in school.

First college IT Skills competition coming to Conestoga

By PEGGY O'NEILL

The first-ever college IT Skills competition is coming to Conestoga on Feb. 15.

Skills Canada is a non-profit organization that promotes careers in skilled trades and technologies to Canadian youth, and is helping to secure future skilled labour.

Each year they co-ordinate the Ontario Technological Skills Competition, which is a three-day event at RIM Park.

Students from across the province get the chance to showcase their talents and test themselves against industry standards.

However, this year Skills Canada and the office admin programs at

Conestoga have teamed up to hold the competition here at the college.

The exam, which tests students' knowledge of Word, Excel, Access and PowerPoint, will be held from 3:30 to 5:30 p.m. in Room 1C5. Pizza and prizes will follow.

The regional competition is open to any Conestoga student.

The first- and second-place win-

ners from Conestoga will then go on and compete against other Ontario colleges at RIM Park on May 2, to determine the provincial winner.

The gold medal winner from Ontario will then be invited to Saskatoon in June for the national competition.

Students who want to participate

in the competition must have signed up by Feb. 9.

James Weare, a professor in the office administration program, has been promoting the skills competition and encouraging Conestoga students to participate.

"This is an exciting opportunity for our students to demonstrate their expertise," he said.

Harper's stance on climate control will leave us underwater

Climate change is a hot topic, pun intended.

For the past two years, however, little has been done by the Canadian government to tackle the serious issue of climate change, hindering our country's ability to assist in solving the problem.

In February 2005, Paul Martin and the Liberals were on board with the Kyoto accord, an agreement that committed Canada and other countries to reducing emissions of carbon dioxide and greenhouse gases. Canada's plan was to reduce emissions 6 per cent from 1990's levels by implementing policies such as mandatory emission cuts for factories, improving fuel efficiency in Canadian vehicles and creating a partnership fund to help municipalities decrease greenhouse gas emissions.

The Liberal's plan was criticized but was never able to be implemented, let alone improved, before they were defeated in the January 2006 election.

Prime Minister Stephen Harper isn't as enthused with the Kyoto Accord, especially since he is most popular in Alberta, where the protocol is not.

In a Conservative campaign he deemed the goal of the accord unattainable and unrealistic and he has even been accused of referring to it as a scheme used to suck money out of wealthy countries.

When voted into office, the Conservatives announced they would not try to meet Kyoto targets and would cut funding for Canada's then-current climate change plan and programs.

For a year, Harper pushed the issue of climate change to the backburner. But no more.

The New Democratic Party of Canada (NDP) leader Jack Layton has stated that he will only support Harper's minority government through the next federal budget if the Conservatives take a strong stance on the issue of climate change.

Harper's reaction to a report released in early February, stating that climate change is "unequivocal," was unclear. According to the report, 2,500 top scientists from Canada and 129 other countries agreed that human behaviour is likely to blame for drastic changes in the weather cycle; the document describes effects of climate change such as heat waves, droughts, severe storms and flooding.

Although Harper seemed to take the report seriously, his past actions demonstrate that he is not serious enough about the issue.

On Feb. 5, a motion was passed in the House of Commons calling on Harper and his government to respect Canada's commitment to tackle climate change through the Kyoto Accord. Unfortunately, the motion is not binding, giving Harper a chance, once again, to ignore this serious issue.

Harper said he and the Conservatives would instead develop their own way to stabilize emissions.

But how long will we be waiting?

Without a solid plan from our skeptical and undecided leader, Canada will never be able to tackle, or even slow the effects of climate change.



When will Harper realize climate change is a serious problem?

Bus system compromises education

Oh Grand River Transit, how I love thee.

And by love, I mean loathe.

Due to the impoverished state I currently find myself in (read: college student), I take the bus to and from the college on a regular basis.

It's bad enough that a number of the drivers seem to have gotten their licence from a cereal box, performing such deft manoeuvres as the "drive over the curb" and the "trying to use the ditch as a passing lane."

Now it seems that some bus drivers no longer care if their passengers make it to their destination in a timely manner.

I understand that buses are sometimes delayed. After all, driving a bus is stressful work, and sometimes one or two cigarettes at the terminal between runs just isn't enough. It would be nice, however, to be able to rest assured that my bus will make its connections, so I can make my class.

However, some days the wheels on the bus (or perhaps the metaphorical wheels inside the bus driver's head), just don't seem to



Adam Hannon

Opinion

go round and round.

Hundreds of Conestoga students depend on buses to get them to and from the college. That, my friends at GRT, means that when a student gets on the bus, and asks to be able to make the connection to the college bus, we would like to make it to the aforementioned college in a reasonable amount of time.

On a good day, the trip from the Ainslie Street terminal in the downtown Galt part of Cambridge to the college takes about half an hour, and involves a connection halfway through from the number 52 Fairview mall bus to the 61 college bus in Preston.

However, on an almost weekly basis, the driver of the 52 will forget, or neglect, to call ahead to make sure the 61 doesn't leave Preston without the Conestoga stu-

dents. And every time this happens, I politely thank the bus driver for compromising my college education, because that is what she is doing.

It is a bus driver's job to get her passengers from point A to point B within a predetermined timeframe.

Therefore, barring extraneous circumstances, a bus driver who does not get her passengers to their connections is not doing her job.

For college students this is not merely a minor inconvenience. The aforementioned bus driver's display of ineptitude results in the students missing out on class time.

This course of action is essentially no different then closing and locking a classroom door, with the student still outside.

There are certain legitimate reasons for buses to be late such as poor road conditions and detours.

Barring either of those problems, there is little which can justify the terrible bus service college students have been receiving from GRT, and the potentially detrimental effect it could have on their education.

Letters are welcome



Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published. Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to:
The Editor, **Spoke**, 299 Doon Valley Dr.,
Room 4B14, Kitchener, Ont.,
N2G 4M4

Spoke

is published and produced weekly by the journalism students of Conestoga College

Editor: Meghan Kreller

Advertising Managers: Adam Hannon, Tiffany McCormick **Spoke** Online Editor: Brandon Walker

Production Managers: Adam Black, BJ Richmond **Circulation Manager:** Kristin Grifferty

Photo Editors: Jessica Blumenthal, Nick Casselli, Jon Molson, Eric Murphy and Tara Ricker

Faculty Supervisor and Adviser: Christina Jonas

Spoke's address is 299 Doon Valley Dr., Room 4B14, Kitchener, Ontario, N2G 4M4.

Phone: 748-5220, ext. 3691, 3692, 3693, 3694 Fax: 748-3534

E-mail: spoke@conestogac.on.ca

Website: www.conestogac.on.ca/spoke

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Celebrate Hershey's and Hallmark Day

So it is that time of year again.

A time for romance, chocolates, flowers, cards, lingerie and, according to some cynics, a chance for Hershey's and Hallmark to turn a big profit.

My Valentine's Day usually consisted of a card placed in the hallway, which was from my dad and signed with a question mark. Detective that I am, I realized his sneaky game when my sister got a similar card every year. As cheesy as this may sound, I loved it. It put a real enjoyment into the day and made me feel noticed and special and I decided that when the time came to be in a relationship I would make sure that Valentine's Day was celebrated.

I was never the girl who had numerous valentines poking out of her locker or the girl who needed to take an extra bag to class on Valentine's Day to carry everything home in and I will admit I watched the most popular girls with a slight envy, wondering if I would ever find a valentine.

If Valentine's Day really isn't for you, this article isn't trying to force you into jumping onto the gift-giving, sweetheart-finding, bandwagon, rather it is to remind you of what many think the day is all about.

It is the one day a year where romance is absolutely everywhere. It's the giant lightning bolt that reminds you to stop for one



Amy Meadows

Opinion

moment and make that special someone feel just that, special.

Stopping to remind someone just how much you love them can sometimes fall by the wayside with everybody's hectic lifestyles, so when I'm dropping crater-sized hints to the man in my life at just how much I love Valentine's Day, I'm not saying "honey, you had better buy me that four-foot card with the teddy bear on it" nor am I saying "I have to have a huge bouquet of the most expensive roses" or even "if you loved me you would spend all your savings on me."

This year is the first time I will celebrate Valentine's Day and having spent almost a year with my special someone I plan to really spoil him.

For those of you out there looking for something for that special person, remember it isn't the size of the gift, but rather the thought that has gone into it.

I wish you all a very happy Valentine's Day or Hershey's and Hallmark Day, depending on your outlook.

Enjoy!

Is there method to this madness?

What am I doing here? A question I find I'm asking myself in a much more frequent fashion.

Despite 23 years of experienced living, most of which has been begrudgingly dedicated to "education," I still have no idea where I'm going in life. And that's the way I like it, to tell the truth.

Not knowing what to expect, what to prepare for, what to give so I'll get.

I love music, art and literature, flirting with writing myself, most of the time. I also play in a band called The Knaves.

I've never been the academic type and I guess that makes sense. It seems nearly impossible for me to plan for a future I can't, and frankly, don't want to control.

How absurd, then it seems for me to have this need to map my life out.

John Lennon probably put it best in Working Class Hero: "When they've tortured and scared you for 20 odd years, then they expect you to pick a career, when you can't really function you're so full of fear."

Is that what it is? Am I afraid?

Sure it's natural to fear the



Jason Sherritt

Opinion

unknown but then, I've always had a rather agreeable attraction to the unknown. The random the better the worse the same, as aforementioned.

Well then, maybe it's a fear of growing up because, let's be realistic, who really wants to be old? Yeah, maybe that's it.

I definitely don't feel like getting a real job, doing taxes, sending faxes, the whole bit. I'm still having too much fun.

No, that can't be it. I'm not afraid my fun will ever end or that I'll truly grow up, a look at my father solidifying that.

What is it then that's making me feel like one of them boys on death row waiting for a pardon?

Maybe I'm just not cut out for modern life. Maybe I'm just lazy. Maybe I'm just avoiding responsibility.

I just can't seem to adopt the whole concept of working to live, living to work, seems ridiculous. The more I think about it the less motivated I become. The less motivated I become, well, the less I think about it.

Alas, it is something, regrettably, I should not ignore if I wish to live within the realm of acceptable decency. So I grin and bear it, sometimes half-heartedly and then sometimes half-assed.

If I'm not a successful musician or writer then I guess I'll have to conform to the ways of society someday. Or maybe I'll become a burden on society the way I feel society burdens me.

For now I'm content with appeasing both battalions of my internal battle.

Supplying both with just enough munitions, causing standstill, and leaving it to the seas to decide, carrying them where it may, ending when it will.

Fate, destiny or time, chance and circumstance, it's easier to forget than to perpetually ponder.

For I may not be forever but I can be for today.

And for today I will be forever.

LETTER TO THE EDITOR

No respect for CSI

Nursing student fed up with 'inexperience' and 'naiveté' of student organization

CSI President Matt Jackson said, "We need to see a lot more respect and appreciation from the college for what we do."

You know what, Jackson? You need to start showing behaviour worth respecting. Not getting contracts before embarking on such a large project is not worthy of respect. Stomping your feet and crying "foul" after the fact is also not worthy of respect. Wondering why it's appropriate for the student newspaper to report on the leaving of CSI's general manager ... worthy of respect? I don't think so.

"Stomping your feet and crying 'foul,' after the fact is also not worthy of respect."

Taunya Van Allen,
first-year nursing student

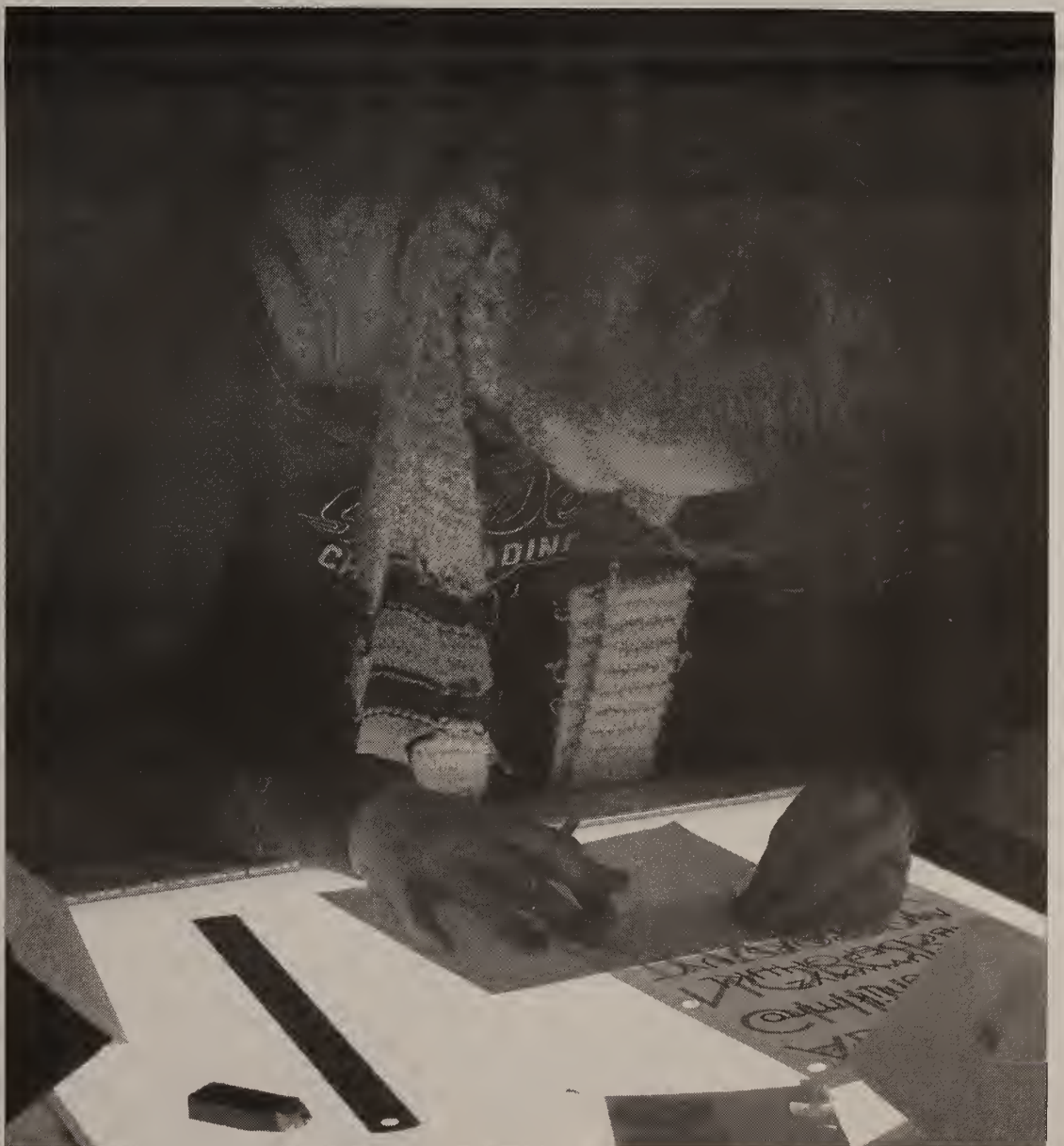
I think I could have chalked up this whole saga of the Student Life Centre to inexperience and perhaps naiveté on the part of

CSI, but the grammatical error in the advertisement that appeared in last week's Spoke for the upcoming movies in the Sanctuary was just one bit of "oops, I guess it got overlooked" too much.

When you couple together the hypnotist's event that was "rescheduled" with last week's movie Stranger Than Fiction rather than Stranger Than Fiction (unless you mean you're showing two movies: Stranger and then the movie Fiction), the inability of CSI to spell or possess basic grammar skills really makes me wonder if they even should be involved in running anything related to the Student Life Centre.

I am a first-year student at Conestoga (although certainly not a first-year student age) and I am finding it difficult to respect and appreciate what the CSI does. If I'm disenchanted with CSI after only seeing five months of their behaviour, is it any small wonder the college doesn't respect them either?

Taunya Van Allen,
Nursing degree program



(Photo by Meghan Kreller)

Ready, set, design

First-year graphic design student, Darcy Vermaak, uses a tracing table to design greeting cards for The Walter Fedy Partnership, a Kitchener practice specializing in architecture, engineering and construction management.

Ladies, start your engines

By TIFFANY MCCORMICK

Start your engines and rev 'em up ladies. Conestoga College's first-ever women only motorcycle driver training course begins this spring.

Conestoga is the only college in Canada that offers a motorcycle driver training course, which it has been offering for the past 31 years. This year is the first for a women's only course.

Michael McCormick, co-ordinating chief instructor of motorcycle programs, said the idea for the course was discussed at the year-end meeting in November when instructors gather and discuss new ideas to improve the course for the following years.

"It will be identical to the basic course with the same ratio of students to instructors, five to one," he said. "The only difference is this is for women only."

Approximately 30 to 35 per cent of students are women in the motorcycle driver training courses.

"Some women may feel more comfortable entering the sport of motorcycle riding because of this course," he said. "It will allow a more common bond between students, making for an interesting dynamic. It should be fun."

The course will have two sessions, the weekends of June 8 and July 13, accepting 20 women per session.

With a mandatory 22 hours of in-class time, students will spend the

first night of class watching academic videos and reviewing rules of the road.

"Some women may feel more comfortable entering the sport of motorcycle riding because of this course."

*Michael McCormick,
co-ordinating chief instructor
of motorcycle programs*

"Knowing that people are starting into the sport with safety, enjoyment and skills improvement makes it a success," McCormick said.

Joyce Irving, program administrator for continuing education, said she is hoping the course will be well received by students.

"We'll see how it goes. It's dependent on the two sessions being full," she said. "If it's successful we'll continue to offer that option over the coming years."

When students complete the weekend session they will take a driving test and, if successful, will receive their M2 licence.

McCormick said he is looking forward to the course and hopes "students have an enjoyable environment in which to learn and experience the joy of motorcycling in a safe and controlled manner."



(Photo by Angelo Mazziotti)

A local youth laces up her skates at the 10th annual Winterfest on Feb. 4, held by the Alumni Association of Conestoga.

Skating on Super Sunday

By ANGELO MAZZIOTTI

The sound of children's laughter filled the air and echoed up into the arena bleachers, as they took to the ice for a carefree Sunday skate.

The bitter cold wind was howling outside, but it was no match for warm hot chocolate and plenty of smiles inside, as the Alumni Association of Conestoga held its 10th annual Winterfest at the rec centre, Feb. 4.

More than 50 people enjoyed skating along with hot chocolate and cookies followed by games, crafts and even door prizes.

Jenn Wallage, Conestoga alumni, brought her family with her to enjoy the Winterfest festivities

and said it was great to see everyone having such a good time.

"It's great to see the smiles on everyone's faces," said Wallage. "It's our biggest turnout so far and it looks like everyone is enjoying themselves. It's so nice to have everyone together."

Susan Milton, a member of the Conestoga alumni, said it's all about the school.

"Winterfest started off, and in essence still is today a way to raise awareness for the alumni association," said Milton. "It's always nice when we can all get together like this and in the future, we hope that more students will attend the festival. Conestoga is important to us all."

Alumni association treasurer, Mike Shipley, said it was a family reunion of sorts.

"In all the years we have been holding this, I have never seen so many people attend," said Shipley. "It's all about giving back to the college."

The event is held annually on the first Sunday in February and organizers are well aware what other extracurricular activity takes place on the same day.

"Oh yes, we are well aware that it is Super Bowl Sunday," joked one member of the alumni board. "That's why we try and have it earlier on in the afternoon. That way it gives you time to still make arrangements to watch the big game."



(Photo by Angelo Mazziotti)

More than 50 people attended Winterfest at the rec centre.

the learning commons

Peer Services Learning Skills Service Writing Services

MULTIPLE CHOICE STRATEGY

Students who are amply prepared for tests almost always perform better than unprepared students. Multiple choice tests are no different. NOTE: This strategy does not take the place of being prepared.

1. After going through your test twice and answering all the questions that you can, move to the first question that you couldn't answer.
2. Cover up the answers so that you can't see them. You need to concentrate strictly on the question at this point. Read the question, and this means read every word. When we read, we have the tendency to read a couple of words, then skip a few, then read a couple more. By doing this we miss important information, so reading every word of the question is important.
3. Highlight the important words in the question. Find the subject of the question, the qualifiers, and the "nots" and "excepts".
4. Ask yourself a couple of questions: "What is the teacher asking?" and "What do I know about this subject?" Even restate the question in your own words.
5. Predict possible answers. With the topic in mind, write down a couple of things that you know about what the question is asking.
6. Check the format (a and d, all of the above, none of the above).
7. Look at each alternative and see if anything matches what you have written. When you have eliminated an option, make sure that you cross it off entirely. That way you won't be tempted to look at it again.
8. Identify the correct answer by a process of elimination based upon your predicted answer.
9. If you still can't answer the question, go back and read it again. Try answering the question with each of the alternatives to see if you can eliminate any options.
10. Try not to change your answers. Once you have answered a question, leave it alone, unless you see information in other questions that tells you that you answered incorrectly.
11. When all else fails, guess. No one knows 100% of everything, so when in doubt, follow your



CONESTOGA
Learning Commons
Room 2A103

Hours of Operation:
Monday & Wednesday 8:30 am—5:30 pm
Tuesday, Thursday & Friday 8:30 am—4:00 pm

Telephone:
519-748-6220 extension 2308

Website:

<http://www.conestoga.on.ca/jsp/stern/learningcommons/index.jsp>

Beat the Blues

Wednesday, February
14th

10:00 a.m.—1:00 p.m.

In the
Atrium

* Prizes

* Grand Prize: 2 Maple Leaf tickets

* Stress Dots

* Music

* Light Box

* Handouts on Seasonal Affective Disorder

Sponsored by Counselling
Services, 1A103

POLAR PLUNGE 2007

HEART & STROKE FOUNDATION OF CANADA CONESTOGA STUDENTS INC.

FUNDRAISING PRIZES BIKINIS LAUGHS

FEBRUARY 15 @ NOON
 AT THE BACK POND ○ SIGN UP AT THE CSI OFFICE ROOM 2A106
 ALL PROCEEDS GO TO THE HEART AND STROKE FOUNDATION
 LAST YEAR WE RAISED \$6,000 FOR HEART AND STROKE
OUR GOAL THIS YEAR IS \$8,000

LAST MINUTE PROJECTS?

No Worries

Self Serve Area is OPEN LATE

**Self Serve Area
Room 2A108**

HOURS

monday
8 am-8 pm

Tuesday
8 am - 8 pm

Wednesday
8 am - 8 pm

Thursday
8 am - 8 pm

Friday
8 am - 4 pm

Saturday
10 am - 2 pm

Sunday
closed

CONESTOGA STUDENTS INC.

FEBRUARY

5 TH	DEJA VU	11:30 AM
12 TH	STRANGER THEN FICTION	11:30 AM
19 TH	CASINO ROYALE	11:30 AM

MONDAYS @ THE SANCTUARY CONESTOGA STUDENTS INC.

GOLFNORTH
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 14 LOCATIONS IN SOUTH WESTERN ONTARIO
 APPLICATIONS ACCEPTED AFTER FEB. 15
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KINKYSEX FUN PLAY KINKY LAUGH TOYS YIKES! LAUGH TOYS YIKES! LAUGH TOYS YIKES!

SEX TOY BINGO

February 14th 11:30 am - 1:30 pm Sanctuary

CONESTOGA STUDENTS INC.

Do You need Advertising Created?

Conestoga Students Inc. is happy to announce that we now offer an Advertising Service. Whether you need advertising for events, services or putting out information, we can do it. Just visit the CSI office if room 2A106 for more information and Pricing.

CONESTOGA STUDENTS INC.



(Photo by Jenn Sprach)

Practice makes perfect

First-year primary care paramedic students participate in a scenario involving a motorcycle victim impaled by an object. Assisting the victim are Theresa Evans, back, Marc Wareham, right, Andrea Foster, front, and Nancy Hubermehl, left. Trevor Ford plays the role of victim.

COUNSELLOR'S CORNER: *Relationships*

Being a student and in a committed relationship can bring enjoyment and pleasure and also feel conflictual in terms of responsibilities and demands on time. A healthy relationship is more likely to withstand the pressures and changes that being a full-time student bring. A local Individual, Couple and Family Therapist, Barbara Pressman, developed a list of primary principles for a healthy relationship.

Here are a few paraphrased ideas:

- ♦ Respect for the other person -- no put downs, no insults, appreciation of different needs and beliefs and recognition of the possible need for separate as well as together time.
- ♦ Safety is of utmost importance -- no emotional or physical violence. If there is even fear, there already is hurt.
- ♦ Caring behaviour and emotional support such as listening without judging or blaming and encouraging each other's interests.
- ♦ Inclusive decision-making regardless of earnings, compromising differences avoiding a win/lose result.
- ♦ Open communication including the capacity to share feelings, to be listened to attentively without giving advice (unless sought), and willingness to be assertive about expressing needs.
- ♦ Communication includes affection and sexual expression.
- ♦ These need to fit the needs of each couple and be mutually satisfying.

The counsellor at your campus is available to assist you with relationship issues.

A Message from Counselling Services

Visit our website <http://www.conestogac.on.ca/jsp/stserv/index.jsp>

Quick tips for grads

By SAMANTHA SAECHAO

In just a few short months, it will be graduation time for many students at Conestoga.

To get ready for the working world, soon-to-be graduates should head to the career services office, located in Room 220 on the second floor of the Student Client Services Building.

Tao Cruikshank, career services officer, can assist you with resume critiquing, mock interviews, cover letters, job searching and answering questions.

"Even though graduation is only a few months away, it is very important to start now," said Cruikshank. "Start looking around, get connections and find out where you want to go."

Here are a few important tips to make it a better transition into the working world.

1. Resumes and cover letters

Get ready and prepare now. Polish up your resume, make sure it's accurate and

updated. Make sure your cover letters are set to go as well and the information provided is good. Prepare any other documents needed to get into your field of work.

2. Research, research, research!

Do some research about the industries you are interested in and that are related to your field. Start networking with different businesses. Even make phone calls to go in for an information interview.

What is that?

"It's getting to know the company more," said Cruikshank. "Basically, asking for advice about what to look for when applying at that company."

Learn more about their background information and just show that you are really interested. Cruikshank said networking the

companies is a lot easier while you are a student. "It shows that you really want the job because you are taking the time to look for them now and when they are ready to hire, you are ready to go."

It is better as a student than as a graduate because when you are a graduate, you should have already been looking and getting contacts beforehand.

3. Resume Referral Service

This is a service offered by career services for all graduates in all programs, where your resumes are sent out to employers seeking someone in a particular field.

"This is a really good connection," said Cruikshank. "Not very many know of it."

How does one get started? Call Cruikshank to register. The three months right after graduation are free and if you want to

continue after the three months, it costs \$25 per year.

Career services also posts online full-time and part-time jobs as well as summer jobs.

They can be found at www.conestogac.on.ca/conestoga/web/careerservices/index.jsp. To access the site you need the username: careerservices and password: usearch4jobs.

There will be a job fair for graduates on March 21-22 in the E-wing from 10 a.m. to 1 p.m. This is the perfect opportunity to network, get connected, get contacts and find out more about what the world has to offer before getting out there.

For more information contact Tao Cruikshank at 519-748-5220, ext. 3340 or e-mail her at tcruikshank@conestogac.on.ca.



(Photo by Samantha Saechao)

If students need help preparing resumes or cover letters, book an appointment with Tao Cruikshank, career services officer, at the Student Client Services Building.

Conestoga = Pride

February Meetings

Tuesday, February 13

Discussion ~ "Sexually Transmitted Infections and Safe Sex Practices"

Tuesday, February 20

Movie night

Meetings are held in Room 3E33 at 4:00



"Together we will build a world of acceptance, understanding and love"

Retro fashions hot

By KRISTIN GRIFFERTY

Retro is a go-go this spring when it comes to fashions, and we're not talking bell bottoms or parachute pants.

The spring fashions have made their appearances in stores and boutiques across the world, and the styles that are making their debut seem to be vaguely familiar.

For starters, women will be pleased to know that tight short styles are out, and flowing, fitted, forgiving attire is in.

Retro-inspired pieces such as tunics and belted tops are making a comeback. Paired with some leggings or a pair of skinny jeans, and even the fashion-challenged shopper can look like she stepped out of the pages of Vogue.

Cairis Wall, an assistant manager at the H & M store in downtown Toronto, said women will be happy to find that the new styles out there can suit and fit just about anyone.

"It's all about finding your own sense of style," said Wall. "Depending on your taste and confidence level, ladies can rock out in the newest styles, regardless of your age or size."

Wall said her favourite trend this spring, and one of the more popular ones, is nautical attire.

"It's like being on a yacht all day

long, but for way cheaper!"

Another style that is considered popular for women is dressing up any outfit with accessories such as scarves, bangles or an over-sized bag.

Wall pointed out some of her favourite pieces, which included a green cargo cat suit, tailored tweed shorts and a flashy colourful cape, (none which should be paired together, she added).

Men also can see a change in

"Depending on your taste and confidence level, ladies can rock out in the newest styles regardless of your age or style."

Cairis Wall,

H & M assistant manager

what's hot and what's not by simply visiting their favourite store.

Wall said baggy pants and hoodies are way out and should be exchanged for something more streamlined and neater in appearance.

Colourful polo shirts, cardigans and striped anything seem to be what they are wearing on the catwalk these days and are easily transferable to the everyday man.

Leather jackets, coloured pants

and nautical-themed sweaters are displayed at the H & M where Wall works, and are among some of the most popular at her store.

If you prefer to dress a little more under the radar, Wall said you could still dress casual and in your comfort zone and still look fashionable.

"For guys out there who may not be ready to try out a pair of pink-tailored pants, they can always pair one of our retro-inspired shirts with their favourite jeans and still feel like themselves."

"Being fashionable is all about how you feel in your clothes and whether or not they make you confident."

With the weather at a seasonably chilly temperature, many of us may not be able to wrap our brains around trading in our parkas and mittens for flirty dresses and Bermuda shorts.

But February eventually thaws out into March and April and even the coldest person can appreciate the need to expose a little skin.

As for Wall, she shops according to what appeals to her, not by the season it is.

"Don't be afraid to get those pair of shorts or sandals you see right now," explained Wall. "It's going to heat up eventually and you will have the wardrobe to go along with it!"

How to avoid the winter blues

By JENN CURTIS

During the winter months many people start to feel more depressed and less like themselves, but there are many ways to help you beat this feeling, said Debbie Heihn, a nurse at St. Joseph's Hospital in Guelph.

"Winter is cold and dark, so most people just want to stay inside all the time," she said.

But staying active during the winter could make you feel better.

It has been proven that exercise will get rid of those depressing feelings, Heihn said.

"Exercise has been shown to improve the mood and reduce stress," she said. "But most people don't want to get up and move because it's so cold out. We go into hibernation in the winter."

Another way to beat the blues is

to eat healthy.

"In the winter months we tend to eat more and pack on the pounds," Heihn said. "But eating healthy can make you feel good from the inside out."

Regular sleep can also help beat the blues.

Heihn recommends getting at least eight hours of sleep every night. You should also stay with your sleep schedule.

When you wake up early every morning then sleep in on the weekends you can feel down, Heihn said.

"It's best to get as much sunlight in the winter as possible," she said. "So you should get up when the sun does to get a full day of sunlight."

Following these tips can be hard, but they should make you feel better when you are feeling down.

Laying the bricks for a better future

By SUMMER MCPHEE

Heartwood Place has launched their Buy Some Bricks Campaign to support the renovation of the old Cambridge Reporter building and turn it into affordable housing for Cambridge residents.

Heartwood Place is a non-profit organization established in 2001 by a group of local volunteers who were concerned about the lack of affordable housing in the Region of Waterloo.

A booth was set up in the Cambridge Ice Centre on Feb. 3 and 4 to give Cambridge residents information on the new project and to give them the opportunity to

donate by buying a pin, bracelet or T-shirt.

The new apartments being built at 26 Ainslie St. S. in downtown Galt will provide a home for 66 families and requires a total funding of \$1 million. So far \$430,120 has been raised through donations.

Janette Kingsbury, community relations co-ordinator for Heartwood Place, said their first project on Gaukel Street in downtown Kitchener turned out really well.

"We have a lot of tenants coming out of there with success stories," said Kingsbury.

Liz Peters, manager of the

Cambridge Ice Centre, said she's contacted all the time by non-profit groups asking for space to run their programs and to host a public skate.

"This allows the organization to promote their event within the community and to fundraise at the same time," she said.

She added they're not able to provide space all the time, but when it's for a good cause they do their best.

"We like to do our part by helping out in the community when we can," said Peters.

For more details about the organization or to donate, go to www.heartwoodplace.ca



(Photo by Amy Meadows)

Bulldozing through winter

Cold enough? Conestoga's maintenance staff digs the college out of our winter wonderland which looks set to continue into this week with more chilling temperatures.



(Photo by Summer McPhee)

Children had the opportunity to skate with Mortimer the Brick, a mascot for Heartwood Place, on Feb. 3 and 4 at the Cambridge Ice Centre. The non-profit organization was raising funds and awareness of the need for more affordable housing in our region.

Study MEDICINE in Europe
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OHL all-stars heat up the ice during

By **ANNELISE THOMPSON and
STEPHANIE IRVINE**

OHL fans who made the trip to Saginaw, Mich. weren't disappointed. The all-star game and skills competition offered up some of this season's best hockey.

The two-day contest at the Dow Event Center opened on Jan. 30, with the crowd favourite skills competition and three-on-three match-up.

The featured competitions included team and individual stick handling, fastest skater, hardest shot, shot accuracy and the goalie testing shootouts.

Memorable moments for fans included when Steven Stamkos of the Sarnia Sting lost his edges around the final corner and plowed into the boards and Josh Godfrey of the Sault St. Marie Greyhounds easily winning the hardest shot competition with a record-setting 99.3 mph bullet.

But the ice really started to heat up when goaltenders were put under the intense pressure of a sudden death finish to the shootout competition.

Sam Gagner of the London Knights became the breakaway hero when he put one past Trevor Cann of the Peterborough Petes in the fifth round.

But the night was far from over.

As soon as the ice was cleaned the three-on-three match-ups began. Both sides battled hard,

shared a few laughs and finished with a final score of 15-13 in favour of the East.

After the dust had settled, players happily signed autographs for fans on complimentary all-star posters. With the last autograph signed, the teams began preparing for the intensity of the next night's game.

Players from the West skated out Wednesday night with only one thought on their mind, redemption.

The capacity crowd of 5,527 was dominated by West-favouring fans, eager to help their team put the past night's upset behind them.

Unfortunately, after less than 10 minutes the West was down by two. The East would continue to dominate and held the lead the entire game, despite the West's best efforts, making the final tally 13-9.

The 22 goals were the result of dazzling offensive performances and set an OHL all-star game record for the most scored in a game.

Kitchener Ranger's netminder John Murray said the whole contest was a great experience and felt more like a game of shinny.

"I put the loss behind me as soon as I was on the bench," he said. "I would have liked to stop a few more than I did, but it definitely was an experience."

Fans can catch next year's all-star game back on Canadian soil when Sault Saint Marie gets a chance to host the star-studded tournament.



The West makes an attempt to put the puck past netminder Andrew Perugini, but with no luck.



Players from the East and West line the blue lines during the singing of the Canadian and American national anthems.

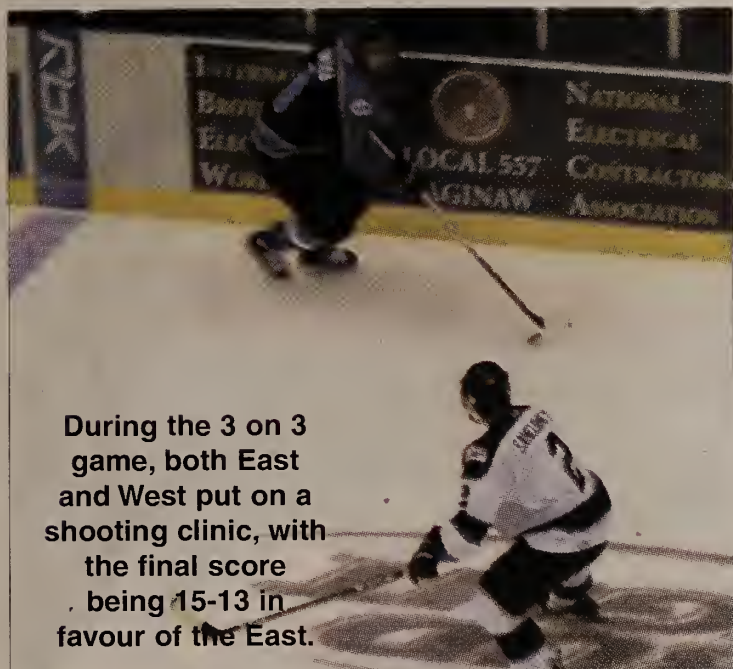


Belleville Bull, Matt Pelech, tests the flexibility of his stick during the hardest shot competition.



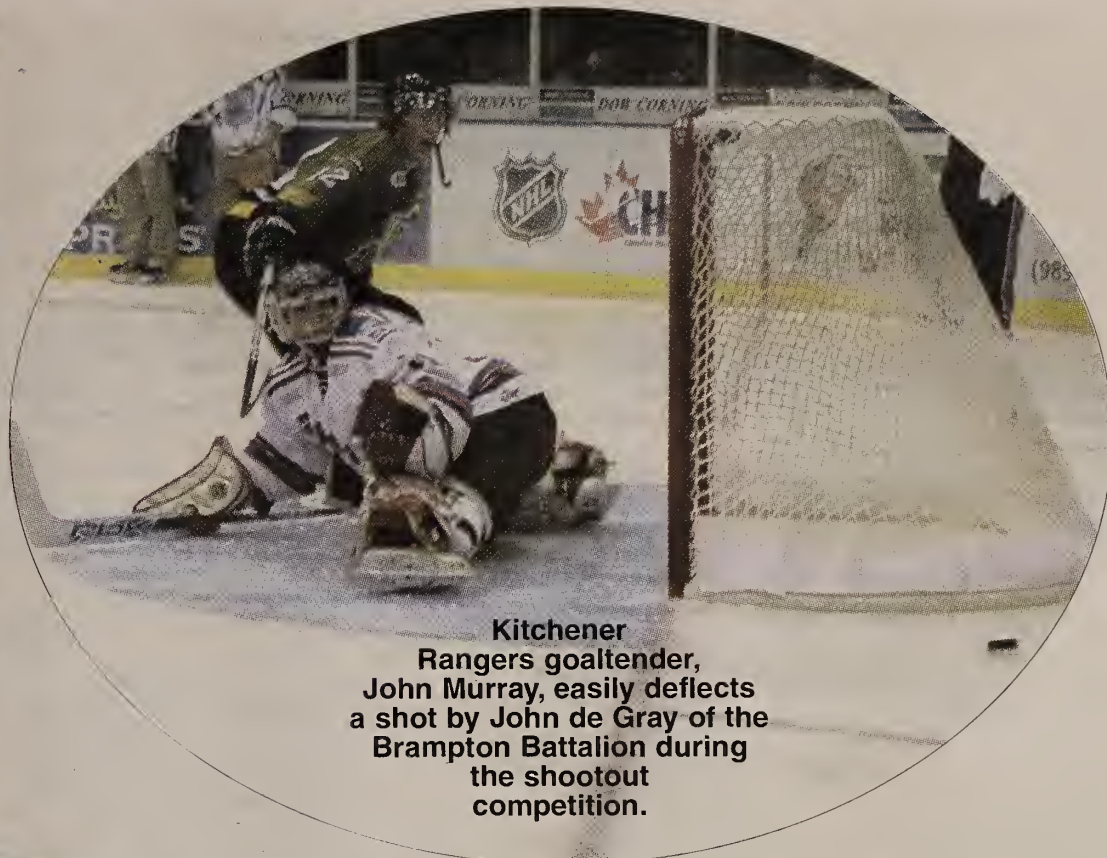
Andrew Perugini of the East stops another shot in the game against the West. Perugini took on 51 shots during the game, only letting eight slip by him.

Saginaw's skills competition and game

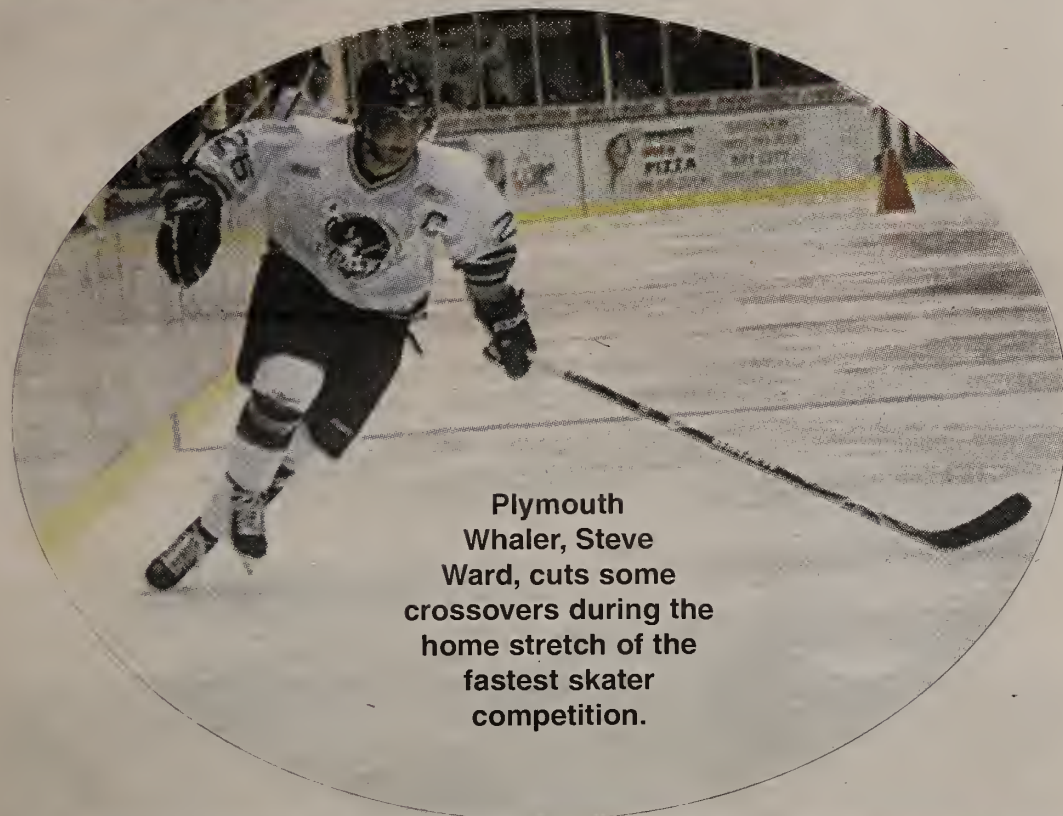


During the 3 on 3 game, both East and West put on a shooting clinic, with the final score being 15-13 in favour of the East.

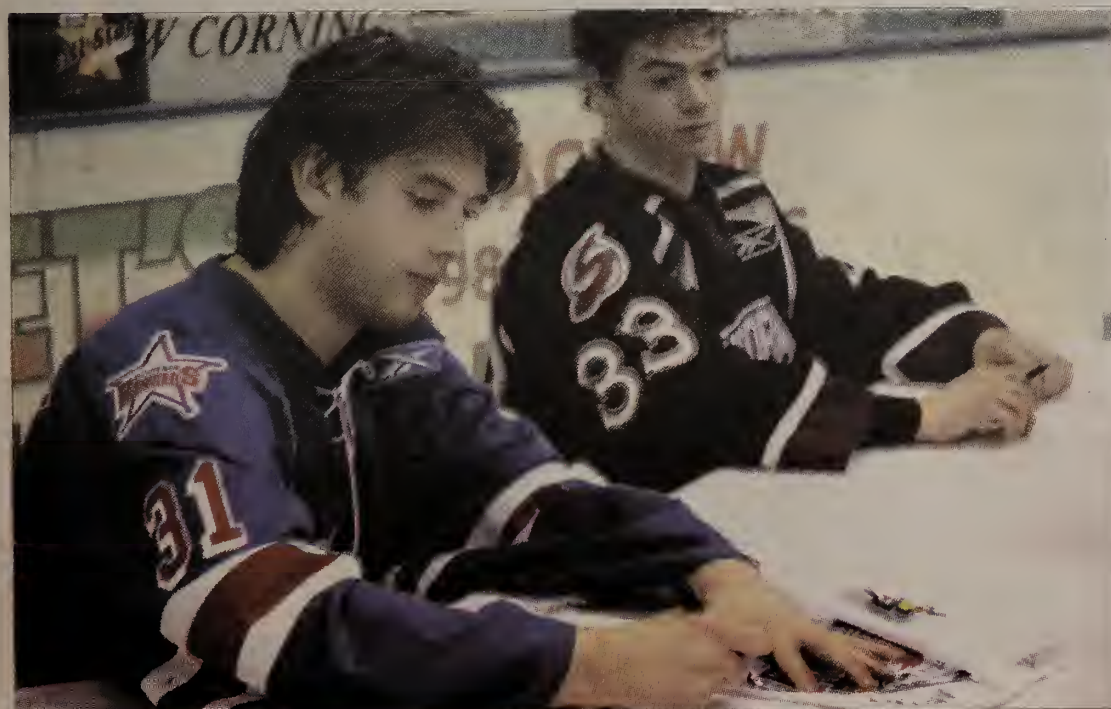
Photos taken by Annelise Thompson and Stephanie Irvine



Kitchener Rangers goaltender, John Murray, easily deflects a shot by John de Gray of the Brampton Battalion during the shootout competition.



Plymouth Whaler, Steve Ward, cuts some crossovers during the home stretch of the fastest skater competition.



John Murray of the Kitchener Rangers signs an autograph for a fan at the Dow Event Center following the skills competition.



The East team celebrates their victory following the OHL All-Star classics game on Jan. 31.

Women celebrate with Fantasia

By JENN SPRACH

Fantasia is for lovers and is about respect, giving and receiving and putting you partner first, said an Ontario regional sales director for Fantasia.

It means keeping your partner happy and having him keep you happy, said Catherine Cady, who has been in the business for 26 years.

"We teach women about their bodies and give proper education on sexuality."

Some women are taught to feel guilty about sex and their bodies, she said, adding they shouldn't feel guilty about the parts God put there for them to enjoy.

"We're sexual from the moment we are born until the moment we die."

People think everything they sell is sexual, but the only sexual things they really sell are the toys, she said.

"It just happens that most of the products are lickable, so they can be sensual," she said.

They have products like creams, bath salts and dusting powders which are for the whole family.

Most of their products are Canadian, she said, including all of the lingerie and most of the creams, lubricants and massage oils.

The toys come from Japan because no Canadian companies make them.

"Japanese toys are really good

because they have good mechanisms in them," she said.

Unlike other retailers, Fantasia's toys are guaranteed for three months and toys over \$99 are guaranteed for a year.

The parties encourage bonding and give women an obligation-free night out.

People can hold the classic Fantasia party which goes over the collection or a what's new party for just new products on the market.

If you want your partner to come you can have a mixed party.

There are parties for all occasions such as just for mom baby showers, birthdays and bridal showers where Cady makes a banner for the guest of honour and everyone puts money in a basket.

After the presentation each woman goes into Cady's office and makes her purchases in a completely confidential environment.

For payment options she accepts the classic cash, debit, Visa and MasterCard but she also accepts Canadian Tire money and other businesses' gift certificates without an expiry date.

The parties also feature raffle tickets people can buy to win products and she offers free gifts with purchases over \$75. The host of the party gets a percentage of the sales to spend afterward.

People can also come shop at Fantasia located at 486 Karn St., Kitchener, but they do have to

make an appointment, she said.

Cady said she's been in the business so long she wants to share what she has learned with others.

She is currently writing a bedside comic book for men written by women.

The material comes from a book she passes around at parties in which women write what they think men need to know about sex.

One woman wrote "My nipples are not radio dials, they only turn so far." Cady said that is a comic you can expect to see in the book, but it doesn't have a release date.

Most women who attend the parties are between 19 and 50, although they have had women in their 80s and 90s.

Some women have suffered terrible marriages because they didn't know they were allowed to enjoy the sexuality God gave them.

Others come back after their first orgasm and now that they know what it is they're ecstatic, she said, adding, "It's really exciting."

Nobody used to talk about sex, she said. "I think Fantasia was the catalyst that brought all this out in 1981."

When asked what she enjoys about the business, she responded, "I like the educating, the empowering and I just love women."

She likes to teach women things they've never learned before, saying it will change them forever and their relationships forever.

She has saved a few marriages over the years, she said.

One couple who were married for 53 years were going to get divorced but were referred to her.

"She came into my office and threw this hunk of rubber on my desk (a dildo) and said, rather upset, she hadn't had an orgasm in three years."

Cady talked with the couple and sent them home with a toy. A week later the gentleman returned to



(Photo by Jenn Sprach)

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thank her for saving their marriage and told her she was really in the right business.

"There's nothing I dislike about

this business," she said.

For more information about Fantasia visit www.fantasia-party.net



(Photo by BJ Richmond)

Students know their technology

David Helmuth, a third-year co-op telecommunications and computer technology student, demonstrated tasks performed on a FM modulator during class on Feb. 1.

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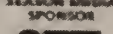
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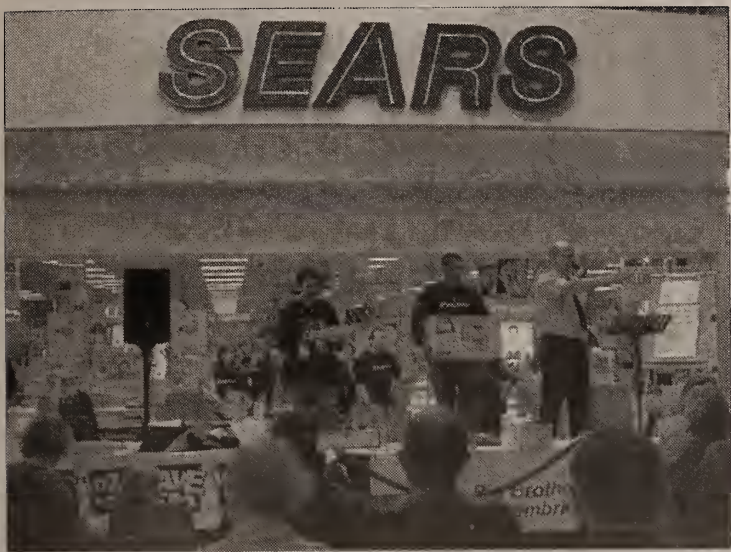
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(Photo by Natalie Anderson)

Rudy Fiselier, a Dave FM employee, and Big Brothers Big Sisters of Cambridge helped auction off more than 60 items at the Cambridge Centre mall on Feb. 3.

Bidding for a good cause

By NATALIE ANDERSON

More than 60 items were up for bid at the Cambridge Centre mall on Feb. 3 when Dave FM helped Big Brothers Big Sisters of Cambridge host their fifth annual live auction.

"All the items are donated by local businesses in Waterloo region," said Rose Archibald, fund developer for Big Brothers Big Sisters.

The foundation also runs an annual online auction.

"We like to get involved in the community."

*Rudy Fiselier,
Dave FM employee*

"We've been doing the auction for five years and the online auction for the past two years," Archibald said.

This year the online auction made just over \$5,000, she said, which is more than last year.

"Last year for both auctions combined we made about \$9,000 and this year we made about \$10,000."

As well as donating an item for the online auction, Dave FM provided sound equipment.

They are a major sponsor, along with The Record, which prints the foundation's listings, and the Cambridge Centre, which provided the space for the auction.

"We donated a one hour spot DJ on Dave," said Dave FM employee, Rudy Fiselier. "It sold online yesterday for \$150."

DJ on Dave gives a person the chance to co-host on the radio with on-air personality Carlos Benevides and choose the music.

"Dave FM volunteered to help out with the auction," said Fiselier, who is also a first-year broadcasting student at Conestoga. "We like to get involved in the community."

Big Brothers Big Sisters of Canada is the nation's largest youth mentoring organization. They have been providing mentoring services to more than 20,000 children in

over 300 communities for more than 90 years.

Right now there are 14 Little Sisters waiting for a Big Sister and 25 Little Brothers waiting for a Big Brother.

"We always need big brothers and big sisters to volunteer," said Archibald. "That's why we do these events, for the kids."

For more information on volunteering call Big Brothers Big Sisters of Cambridge at 519-624-7655 or visit their website at www.bbbsocambridge.org

Helmets aid sledders

By TARA RICKER

Nothing is more tempting to a child than a hill covered with snow, especially with a toboggan in hand.

However, with the ancient winter sport of tobogganing becoming more tragic each year, the question is whether or not children should be wearing helmets when sliding down snow-covered hills.

"An estimated 2,000 children are injured from tobogganing every year," said John Dumas, an information services co-ordinator at the Ontario Brain Injury Association.

In Ontario, a debate has begun on the need for mandatory helmet legislation for sledders under the age of 18, after three children died in sledding crashes in January, including an eight-year-old girl who died north of Montreal and two youths from Manitoba.

The Ontario Brain Injury Association (OBIA) recommends that all sledders and tobogganners protect themselves with a helmet. However, the association does not support the enactment of mandatory helmet legislation for tobogganing since there are currently no laws in Canada that regulate toboggan safety.

"In order for any legislation to be effective it must be enforceable, and that, so to speak, is where the sled hits the snow," said Dumas.

Since many toboggan hills are in out-of-the-way, unmanaged and unsupervised places, enforcement is not likely to happen, he said. If such a law is not enforced, the pub-

lic will soon consider it to be meaningless.

"Ultimately, this could even have a negative impact on mandatory bike helmet legislation."

If a helmet is worn while racing down a hill the OBIA recommends a skiing helmet is worn and not a bike helmet.

"In order for any legislation to be effective it must be enforceable and that, so to speak, is where the sled hits the snow."

*John Dumas,
information services
co-ordinator at the Ontario
Brain Injury Association*

"Skiing helmets are made to withstand the cold winter climate and provide insulation, where bike helmets do not," said Kyle Weber, assistant manager at OW Sports Limited, in Waterloo.

Weber said youth skiing helmets are now adjustable and therefore fit a child's head better than a child's bicycle helmet.

"Skiing helmets have come a long way in the last few years. They're lightweight, comfortable, warm and most importantly of all, they're your best form of insurance just in case you take a spill," said Weber.

A prominent 1999 study of child-tobogganing injuries by doctors at the University of Ottawa suggested a toboggan can reach speeds up to 35 km/h.

"If there is a tree at the bottom of the hill, the damage can be quite extensive," said Dumas.

In 2004/2005 about 20 Ontarians were admitted to hospital with toboggan-related traumatic brain injury.

The OBIA believes that a public education effort is the best way to raise awareness to the dangers of this recreational activity and why helmets can reduce injury.

"We only get one brain so it is important that we protect it," said Dumas.

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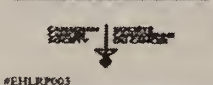
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Chinese New Year a chance to start anew

By HOLLY FEATHERSTONE

Contrasts of vibrant red and lustrous gold, greeting posters in Chinese calligraphy, paper lanterns and scrumptious dumplings — all quintessential elements of the Chinese New Year — will be plentiful on Feb. 18, when the 15-day-long celebrations commence.

Feb. 18 inaugurates the first day of the first lunar month on the Chinese calendar. Also known as the Spring Festival or Lunar New Year, the festivities provide cultural families with the opportunity to start anew.

"Chinese (as well as Japanese, Korean, Vietnamese and Tibetans, who also use the lunar calendar) celebrate the lunar new year as a family festival (and) opportunity to renew and start fresh," said Stephen Wong, president of the board of directors for the Central Ontario Chinese Cultural Centre (COCCC).

Wong said the occasion reunites families and evokes the exchange of thanks and good fortune.

"The family dinner on New Year's Eve is as important as Thanksgiving dinner is to (North Americans)," he said. According to wikipedia.org, Chinese New Year celebrations originated from "the passing of the nian beast," an ancient Chinese legend regarding a man-eating

beast who stealthily preyed on humans. To ward off the beast, loud noises were created using fireworks and red was also used as a deterrent because the beast was said to be sensitive to that colour.

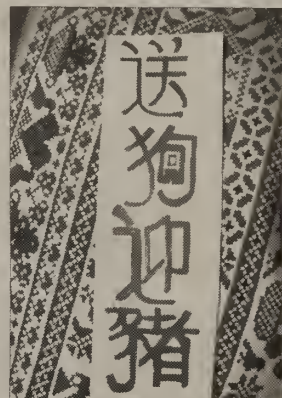
The eviction of the nian beast symbolizes the riddance of ill-fortuned spirits and the welcoming of benign and blessed spirits to re-establish good fortune among families. Prior to the new year and as part of a superstition, families thoroughly clean their homes to prepare for the arrival of good luck, though brooms and dustpans must be hidden promptly following the cleansing process. "Anything that is deemed to be unlucky (should) be hidden from sight," said Wong. "Even the broomstick and dust bin are hidden away (as) one doesn't want good luck to be swept away."

Additional superstitions include the opening of household windows as a lure for good luck and the cutting of hair, which should be avoided, as a form of "cutting away" prosperity. The 15-day celebration is comprised of various traditions characteristic of each exclusive day. The first day features a reunion dinner at the most senior family member's house.

"The main task on the first few days is to pay one's respect and bring good wishes to one's family and relatives in the order of seniority," said Wong. On the fifth day,

firecrackers are ignited in honour of the Chinese god of wealth and prayers are offered on the ninth day of celebrations. Wong said parents give their children each a "lai see" (cash gift) to facilitate good fortune.

"The lai see, (which) literally means good fortune, is a small red envelope with cash inside," said Wong. "Children love to receive lai sees." Calligraphy greetings and the colours red and gold are also staples. "Red is the colour of happiness (and) gold (means) good fortune," said Wong. "You will see (these colours) everywhere." Festive feasts include fish, dumplings, a metaphor for "packaged luck," as well as candies to promote a "sweet" year and mandarin oranges, which are abundant during celebrations. The 15th and final day of the festivities con-



(Photo by Holly Featherstone)

This is an example of a Chinese calligraphy greeting. Calligraphy will be demonstrated at the Chinese New Year Festival at the Waterloo Recreation Complex, Feb. 17.

cludes with a Lantern Festival. Whether followers of the lunar calendar or not, local celebrations will allow visitors to experience the attributes of Chinese New Year.

Ellen Num, a volunteer for the Chinese cultural centre's board of directors, said she hopes this year's Chinese New Year Festival, to be held Feb. 17 from 11 a.m. to 4 p.m. at the Waterloo Memorial Recreation Complex, will be successful in portraying Chinese cultural traditions to those in attendance. "The festival is a family-oriented

day and a chance for (people) to expose themselves to the culture," she said.

The centre, founded in 1973, promotes not only Chinese culture, but the integration of multi-culturalism and diversity. "COCCC is a non-profit, (charitable) organization serving the municipality for over 30 years," said Num.

This year's free event, organized by the centre, will feature Chinese cooking, reflexology, paper-making, origami and calligraphy demonstrations, and will open with the traditional lion dance.

Num said the lion dance, which dates back to 3rd century B.C., brings prosperity and provides blessings. "It's a very playful dance," she said. Num said the event will help cultural students feel closer to home.

"It's a good day (that) would help students away from home reconnect." For more information, visit www.coccc.net. You can also visit www.lunarfest.org to obtain more information about the 2007 Mandarin Lunarfest, another local celebration organized by the Mandarin Students' Union and co-hosted by the college's very own Chinese Student Association of Conestoga, to be held Feb. 15 at 7 p.m. in the University of Waterloo's Humanities Theatre. Admission is \$5 for Conestoga students.

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Colbert Day March 20

By **ANNELISE THOMPSON**

Stephen Colbert, star of Comedy Central's hit show, *The Colbert Report*, is coming to Canada, well at least metaphorically.

On March 20, Colbert fans will have a chance to celebrate the American satirical genius.

One may ask "how did Colbert get his own day, and in Canada." The story behind it is just as peculiar as Colbert himself.

According to Craig Goslin, partner and vice-president of business operations of the Saginaw Spirit, it all started when Colbert decided that he needed something to be named after him. He initially requested that a bridge in Hungary be named the Stephen Colbert Bridge, but the president of Hungary felt that name would be inappropriate.

Still determined to attach his name to something Colbert set his team of researchers to work.

"At this time we (Saginaw Spirit) were trying to re-name our mascot and had a contest on our website," said Goslin. After finding this out Colbert asked his viewers to vote that the eagle mascot of the Spirit be named "Steagle Colbeagle the Eagle."

"The day after the show aired we got 3,000 votes from his viewers," said Goslin.

After the Spirit named their mascot after him, Colbert has been dedicated to the team, and regularly promotes them on his show.

"It's turned into something beyond our wildest dreams," said Goslin.

But during pep talks Colbert can get quite nasty, and mocks other teams in the league.

The Oshawa Generals franchise did not take lightly to being ridiculed on national TV, and after Colbert's rant against the Generals, the mayor of Oshawa, John Gray, called on Colbert (via KX96 F.M., a Toronto-based country music sta-

tion) stating if the Generals won the Jan. 26 matchup between their teams, Colbert would have to wear a General's jersey for an entire episode, but if Saginaw won, it would be declared Stephen Colbert Day on Colbert's birthday.

The day before the matchup Colbert raised the stakes of the bet by saying he wanted it to be Colbert Day on Mayor Gray's birthday.

"Listen up Gray, I'm not afraid of you," Colbert mocked on his Jan. 25 show. "But when the Spirit kicks Oshawa's moose haunches, I don't want you to declare Stephen Colbert Day on my birthday. I want you to declare it on your birthday, March 20. So that every year for the rest of your life when you blow out the candles on your birthday cake, you know all the wishes are going to me."

The Spirit won the game, 5-4.

To add insult to injury, Colbert held a telephone interview with Mayor Gray during his Jan. 30 show.

"Mr. Mayor, let me ask you something. How are you planning on spending your 'Stephen Colbert Day'? Oh, that's right, it's your birthday. How old are you going to be? Old enough to know better than to take on Stephen Colbert?" he mused.

Mayor Gray's meek response was, "hopefully in the future, yes."

Colbert's plans for his own celebration are being kept under tight wraps.

The only thing Renata Luczak, public relations officer for *The Colbert Report*, would say is, "I am sure the show will be doing something on March 20. Stephen Colbert's character loves to celebrate himself. However, rather than announce their intentions in advance, the show likes people to tune-in that night."

So nation be ready, in a month we will be able to celebrate the first annual Stephen Colbert Day.

City launches anti-idling signs

By **ROSS ALDWORTH**

In an effort to improve air quality and fight global warming, the City of Kitchener has given the green light to installing anti-idling signs at all elementary and secondary schools across the city.

Approximately 300 of the signs, which remind motorists to turn their engines off if they are going to idle their vehicles for longer than 10 seconds, will be installed.

Mayor Carl Zehr and councillor Berry Vrbancovic were present at J.F. Carmichael Public School along with students and staff for the official unveiling of the signs on Feb. 6.

"As co-chair of the city's environmental advisory committee, I'm very pleased to see action on

this initiative," said Vrbancovic.

"This is another example of one of those small steps that adds up to a better environment for our kids and their future."

The installation of the signs comes after the 2006 Citizen's Report on Air Quality from the city's environmental advisory committee pushed city hall to "lead by example" and display Stop Idling advisory signs at city facilities and school zones.

Some facts on idling and air pollution:

Canadian motorists idle their vehicles an average of five to 10 minutes per day.

In the peak of winter, Canadians voluntarily idle their vehicles a combined total of more than 75 million minutes in a single day - equivalent to one vehicle idling

for 144 years.

It is estimated that if every Canadian motorist avoided idling their vehicle for just five minutes each day of the year, it would prevent more than one million tonnes of carbon dioxide from entering the atmosphere.

According to the Ontario Medical Association, air pollution triggers 5,800 premature deaths in Ontario per year, 200 of which occur in the Region of Waterloo.

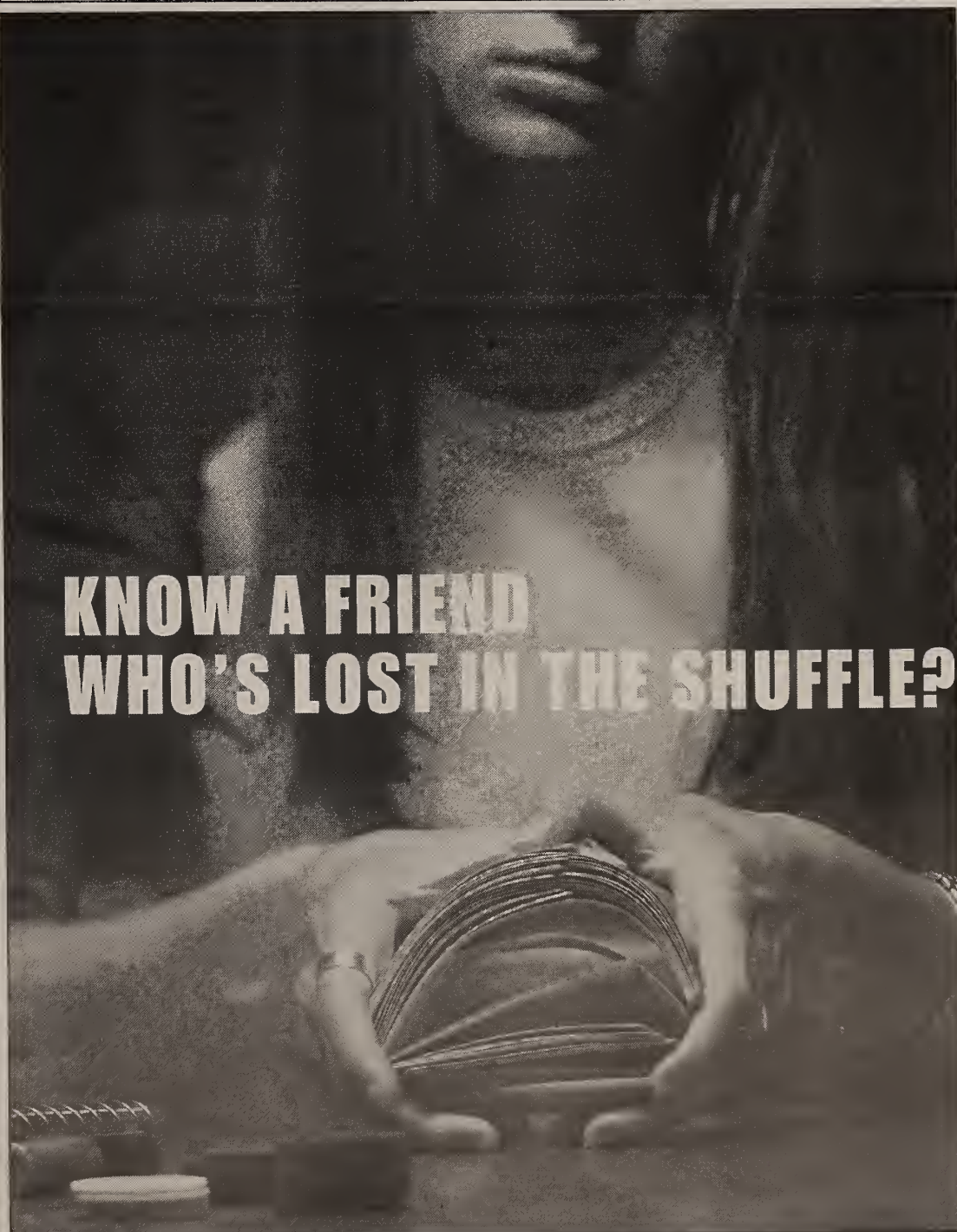
Since 1993, the region's population has increased by about 15 per cent while the number of cars registered in the region has increased by about 34 per cent, from 288,000 vehicles in 1993 to 385,000 today.

For every 10 kilometres you drive, about 2.5 kilograms of air pollutants are created.



(Internet photo)

Stephen Colbert of the hit show, *The Colbert Report*, will be getting his own day in Oshawa on March 20.



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A taste on the Fireside



By BJ RICHMOND

College students need good food too.

As a student, I often have to settle for fast food, as a result of too few funds. Not to mention, it's near impossible to be a romantic when the only places I can usually afford to take my girlfriend out for a "nice dinner" are Wendy's, McDonald's and Burger King. Without a restaurant that serves great food at a great price, I feel like hopeless hamburgers, pathetic pizza and terrible tacos are the only choices I have.

But wait! There is a restaurant where the selection of meals is as abundant and appetizing as it is affordable. The place is Fireside Deli and Family Restaurant at 800 Ottawa St. S. at the Strasburg intersection in Kitchener. Whether it's breakfast, lunch or dinner; eat-in or take-out; a quick bite to eat or a hearty meal, Fireside has plenty of options to offer even the tightest of wallets.

Upon entering the building formerly known as Krispy Kream, my girlfriend and I were graciously greeted by the hostess. Although the restaurant seemed beyond busy, we were seated immediately, and before the thought of opening the menu even crossed my mind, I was already being served my Diet Pepsi.

The eatery was well-lit and clean, with the options for a diner-style booth or the more traditional table seating. The restaurant has ample seating for its many guests to enjoy their meals. Fireside also has a bar along the back wall, where patrons can order whichever alcoholic beverages they need to wet their whistle.

The faint soft rock song styling of John Cougar Mellencamp over the background speakers was overpowered by the sounds of hectic hustling. Utensils clanging off plates, the chitter chatter of the guests and the constant opening and closing of the door made it difficult to converse with my girlfriend across the table. I suppose, however, the optimistic side of the busy noise is that the food must be delicious if this restaurant could attract such a large crowd on a Wednesday night.

Aside from the physical atmosphere, our server added a great deal of positive energy to the overall Fireside experience. The server could not have been any friendlier if she was Casper the Friendly Ghost himself.

For starters, my girlfriend ordered a house salad (\$3.45) that appeared to literally consist of an entire head of lettuce, covered with various vegetables, which added both a tantalizing tinge and taste to the plate. As for myself, I

chose to start my meal with a nice warm bowl of cream of broccoli soup (\$2.45). Other tempting appetizers on Fireside's menu include a southern style spinach dip (\$6.95), Fireside nachos (\$8.95) and a basket of garlic bread (\$3.95).

My better-half's gourmet greens appeared on our table rather rapidly, however, I soon became green myself - green with envy, that is, because as my girlfriend was enjoying her superb salad, I was left soup-less. Perhaps the restaurant was just far too busy for the server to remember my soup, however, before I had the chance to bring up my soup dilemma, our main entrees were on their way.

From burgers and baby back ribs to souvlakis and steaks, Fireside has a vast variety of entrees to choose from. There is also a savoury selection of sandwiches on the deli menu, which makes Fireside a wonderful choice for lunch as well. The restaurant even offers broiled and baked meats with their lighter side of the menu. These health-conscious choices include chicken (\$5.95), sole (\$5.95) and sirloin (7.95), all served with vegetables.

I ordered the chicken tender platter for \$10.95. Now I know 11 bucks for some pieces of chicken may sound pricey at first, but this platter was far from a 6-piece McNugget Meal. Let's just say, this plentiful platter of poulet would make even Colonel Sanders' mouth water. Close to a dozen lightly battered chicken tenderloins were joined by a frenzy of french fries, a succulent side of slaw and two types of dipping sauces to form a meal so delicious and enormous a prisoner on death row would order it as his last meal and still have to take a doggy bag with him to hell.

My girlfriend chose the baked lasagna (\$9.95) from the Little Italy section of the menu. Once again, the meal was huge, as the lasagna was covered with several pizza toppings, including pepperoni, mushrooms, green peppers, meat sauce and mozzarella cheese.

Unfortunately, with this meal, quantity overpowered quality and although it wasn't as good as your Italian mother-in-law's homemade lasagna, it was still a semi-satisfying dish that surely outdoes whatever any fast food restaurant has to offer.

After our entrees, both my girlfriend and I were in agreement that we were far too full for dessert. Fireside does, however, offer many types of cakes, pies and fruit dishes on their dessert menu, which got me thinking "I only wish I could have saved room for dessert."

It wasn't until I received our bill, that my soup of the day made an appearance. I brought it to the server's attention that the only part of the soup I received was its charge, and she removed it from the bill without any hassle.

Overall, the restaurant was physically acceptable, the service was good and the food was affordable on a student budget. Despite the crowded atmosphere and the forgotten soup, eating at Fireside allowed me to remember what real food tastes like.



(Internet photos)

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Shining Star a shining success

By CHRISTOPHER MILLS

Kira Lina came to Ontario looking for an opportunity to share God with others through her gift of music. She needs to look no further.

The Montreal native outshone the field at the second annual Faith FM Shining Star competition on Feb. 3. The event, sponsored by Kitchener's Christian radio station, was held at Centre in the Square.

The young chanteuse wowed the audience with her performances of Victory and I Bowed on My Knees and Cried 'Holy', nearly leaving the judges speechless.

"She gave everything she had tonight and it showed. She constantly points the glory to (God) and never once lets anyone say how great she is. She is the essence of what gospel music should look like."

*Jessica Grieve,
Third place,
2007 Shining Star*

"I don't have anything to say after that," judge Jane Valenta said to Lina. "That was ministry right there. That was between you and God."

Country music star and guest judge Michelle Wright was equally moved by the performance.

"That was very special," she said. "I don't know if I've ever experienced anything like that."

As a result of her win, Lina will receive a free demo CD from Revelation Records, with guaranteed airtime on 94.3 Faith FM. The CD will also be played on Faith FM's sister stations, 105.9 Grace FM in London and 94.3 Hope FM in Woodstock.

Lina, who travelled from Quebec with her parents, was the only one of 10 finalists who came from outside Ontario.

"It's a very nice place and the people are very open," she said. "Coming from Montreal, with basically my mom, with my parents, I'm very honoured that they would still give this award to an outsider."

Lina said she came to Ontario because she wanted a change.

"I wanted to get out of that scene and meet new people, and experience a different environment in terms of the Christian community," she said. "In terms of sharing the Gospel ... there are only so many churches in Montreal you can sing at. I was just wanting to do more for Him."

Lina said the win left her feeling very humbled and privileged.

"It means that somehow God used this competition to honour me for working in His kingdom."

And the competition was tough, featuring nine other finalists from southern Ontario. The field was

narrowed down from 60 contestants through preliminary and semi-final competitions.

Barb Dowling, sales manager for Faith FM and the chief organizer for the event, said despite the talent involved, there is still a great camaraderie between the contestants.

"Most of the people singing are singing for the Lord; they're not doing it for their own gain," she said. "They see that God's given them a talent and they're using that talent for God."

Adam Padfield, a singer and songwriter from Kitchener, played his guitar and sang two of his own songs during his performances, which were good enough to earn him runner-up honours.

Brad Dugas, owner of Revelation Records and a judge at the competition, said he loved Padfield's sound.

"You have such a marketability, all the right attributes," Dugas said to Padfield. "It's all there for me."

Guelph's Jessica Grieve, one of two finalists returning from last year's competition, finished in third place.

"I was kind of surprised, because there were really good singers and they all had a really good ministry attached to a good voice," she said. "It could have gone any way but I'm happy and honoured with third."

Wright congratulated Grieve on her performances but said she felt Grieve was holding back for fear of her vocals coming too strongly at the audience.

"You blew me away," Wright said. "That was awesome. You're passionate, so you need to just let it all go."

When asked what she thought of Lina after the show, Grieve said she was the most humble human being she had ever met.

"She gave everything she had tonight and it showed," Grieve said. "She constantly points the glory to (God) and never once lets anyone say how great she is. She is the essence of what gospel music should look like."

"It means that somehow God used this competition to honour me for working in his Kingdom."

*Kira Lina,
First place,
2007 Shining Star*

Grieve said the atmosphere was a mix of nerves and excitement before the show, with contestants getting encouragement from each other and the judges.

"It was fun. Everyone was excited," she said. "The judges seemed a bit nervous. Their job was the hardest."

How hard is it to judge a competition where the main focus is meant to be praising God and supporting fellow contestants?

"Very, very, very, very, very hard," Wright said. "I'd never judged a contest before, much less

a Christian contest, so I had no idea what to expect."

Carrie Guse, another judge at the event, said it was hard for her because everyone interprets ministry in a different way.

"How do you judge ministry? It's always been a struggle for me," she said. "Everyone has ministry value. What doesn't necessarily minister to me really touches somebody else. How am I to judge that?"

"We all are excited about who's going to win, but it's hard," Dugas said. "Sometimes there's a clear winner, but it can get tough."

The field was loaded with talent and featured a variety of ages and backgrounds. Several contestants were married with children, while others like Daniel Soica of Kitchener have not even graduated high school yet.

The group of finalists also featured a wide range of instrumental talents. In addition to Padfield, Elsa Swinson of Waterloo played guitar and sang her own songs, and Elissa Burnett of Arva played the piano during her performance. The musical talents of other contestants — not displayed during the evening — ranged from playing the flute to the bass guitar.

Grieve said the competition showed her the impact that Christian music has on society, and the need for more of it.

"There needs to be more young people that can stand up and use their talents and gifts for something positive," she said. "I think kids in the younger generations need to be influenced by music that is going to be uplifting and positive."

"There needs to be more young people that can stand up and use their talents and gifts for something positive."

Grieve

Grieve said the finalists realized that and were seeking to branch out and get their music heard.

"It was really good to see that there actually are people who have true gifts and talents that want to use them for God," she said.

The evening featured performances from last year's Shining Star winner, Dean Bridgewater, and last year's runner-up, Lauren Dally.

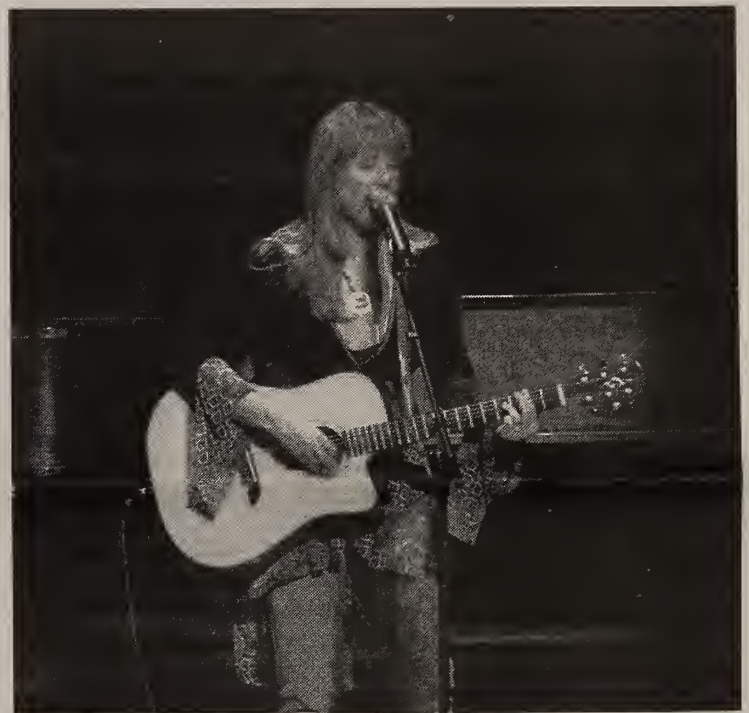
Wright, who was at the competition courtesy of World Vision, entertained the crowd before intermission with her single Everything And More. She also performed another new song, It's Just That Easy, to promote her work with World Vision. World Vision is a Christian organization working to fight poverty and injustice in underdeveloped countries around the world.

"It was a great night to spend time praising the Lord; that was the bottom line for me," she said. "It was my first time using my musical name to spend an evening like this and it was awesome."



(Photo by Christopher Mills)

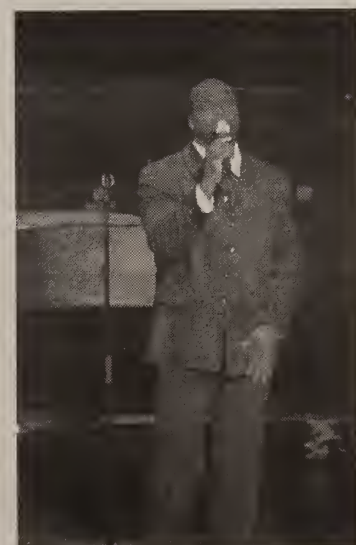
Montreal's Kira Lina dazzles the audience with her performance of Victory on Feb. 3. Lina was voted the 2007 Shining Star winner by the four-judge panel.



(Photo by Christopher Mills)

Country star Michelle Wright takes a break from her Shining Star judging duties to perform for the audience. She played her single Everything and More.

Wright said judging at the Shining Star competition was a unique experience.



(Photo by Christopher Mills)

2006 Shining Star winner Dean Bridgewater kicks off the 2007 competition with a performance.

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HOROSCOPE

Week of February 12, 2007



Aries

March 21 - April 19

Talk, talk, talk; sometimes you talk a bit too much, especially when you know a lot about a certain subject. There's nothing wrong with verbally expressing your knowledge, but sometimes listening is what others need.



Taurus

April 20 - May 20

You're a follower by nature but a leading follower. Others turn to you as you make your way through life's already beaten paths. Keep the following leader in you alive, one day it may evolve into something more.



Gemini

May 21 - June 21

More, more, more; that's one way to describe your life. You always want more in both work and material goods. Be cautious as quantities begin to build, more can just as easily become too much to handle.



Cancer

June 22 - July 22

You have a love-hate relationship with yourself. You want others to think highly of you and yearn for their approval but hate feeling that way. You're the only one who can overcome that barrier, start with building confidence.



Leo

July 23 - August 22

Nothing is out of your reach and nobody is too good for you. While others stop trying for what they think they can't have you push forward and get what you want. Don't lose your mindset, no one should ever believe anything or anyone is too good for them.



Virgo

August 23 - September 22

Driving is your specialty especially toward accomplishment and perfection. While striving to do well is never bad, don't waste your time constantly worrying and pushing yourself to the max. Relax and let go, don't sweat the small stuff.



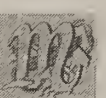
Tiffany McCormick is a third-year journalism student holding fate in the palm of her hand.



Libra

September 23 - October 22

You aren't one to let your emotions get the better of you. You are weighted with practicality and reason. Don't shy away when feelings reach the surface; accept them, you never know where they may lead you.



Scorpio

October 23 - November 21

The surface is not where you tend to remain as you're always digging for a deeper meaning, longing for purpose in your life. You need to know when enough is enough, continuous seeking doesn't mean you'll always find.



Sagittarius

November 22 - December 21

No-strings-attached is your general motto when it comes to helping others; and your kindness is well accepted. Be careful not to be taken advantage of while doing good deeds and save some kindness for yourself.



Capricorn

December 22 - January 19

All for one and one for all does not apply to your way of life. You are independent believing that all you need is you to look out for yourself. Don't shut people out of your life, everybody needs help sometimes.



Aquarius

January 20 - February 18

You set your sights high and cling to the dreams you had as a child with the hope that one day they might come true. As silly as some may think those dreams are, don't listen to them; the simplicity of youth is what many people often long for.



Pisces

February 19 - March 20

Your sign says it all, two fish swimming in opposite directions, pulling you two different ways. You are often torn with matters of the heart, longing for the past and unsure of the future. Don't live in what-has-been, forward is the only good direction.

Women's extramural team captures first tournament win

By ADAM BLACK

The women's extramural hockey team made Conestoga history on Jan. 26, capturing its first-ever tournament win in the program's four-year history.

The Condors won four games against Lambton, Saint Clair, Humber and Durham colleges to win the Lambton College Women's Extramural Hockey Tournament, and are confident there will be more big wins in the weeks ahead.

The biggest win came against Humber, who beat the Condors 7-1 at their hockey tournament in November. The Condors changed their game plan from the last tournament, and utilized the neutral-zone trap to stop Humber's odd man rushes. The system was successful as they won the game 3-2.

Coach Steven Aiken says even though some of his players don't really enjoy playing the trap, they



(Photo submitted)

Conestoga's women's extramural hockey team came in first at the Lambton College Extramural Hockey Tournament on Jan. 26. This was the team's first tournament win in its four-year history.

still played the system and it helped them win some big games.

"Some of the girls love to fly with the puck, and they have the skills to take over in the other team's zone," said Aiken.

"But they kept playing how I asked them to, and it was nice to see them following the game plan and proving (the trap) actually works. As the games went on and we beat Saint Clair and we beat Humber their confidence grew with each game and it shows what they're doing is going to be successful and it's going to help them win."

No one enjoyed the win more than the players, who haven't seen much success

in previous seasons.

"It was awesome, we really pulled together as a team," said defenceman Laura Grubb.

"We proved that our practices really paid off. Our strategy of playing the trap really worked."

Right winger Janette Hamell, a rookie on the team, also thought the systems introduced by coach Aiken really helped them win.

"We were able to slow down the faster teams and could control our game instead of chasing after (the other teams)," said Hamell.

"The next tournament isn't going to be easy, but if keep going at the pace we did at the last one we'll be pretty hard to stop."

The Condors are playing their only tournament at home on Feb. 16 at the rec centre at 8 a.m. and are hoping to have lots of fans come cheer them on.



(Photo by Adam Black)

Women's extramural hockey coach Steven Aiken takes a shot on goaltender Liz Baverstock during a practice.



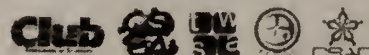
2007

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By ADAM BLACK

A black and white photograph of a basketball player in a dark jersey with the number 10 on the back, running on a basketball court. Other players are visible in the background.

(Photo by Adam Black)

By ALEX MCNANNEY



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Tournament helps fund Conestoga indoor soccer

By ERIC MURPHY

Conestoga College hosted the 13th annual Condor Women's Indoor Soccer Tournament at the recreation centre on Feb. 4.

Marlene Ford, athletic co-ordinator of Conestoga and graduate of the recreation leadership program (now called recreation and leisure), started the tournament to help raise money for indoor soccer varsity teams at the college.

"Bursaries and funding for indoor soccer teams was taken away," she said. "Some of the money we raise with the tournament helps out."

But besides helping with funding, Ford, also a former Conestoga varsity soccer player, said the tournament is a great place for past Conestoga players to come back and play together again.

"Besides our varsity team, we have two teams of alumni players in the tournament," she said.

"There is an entrance fee to get into the tournament. The Alumni Association donates money to help the alumni teams."

Both Alumni teams saw some success throughout the day in the 10-team tournament but fell short of making it to the finals in the round robin draw.

Alumni 1, Ford's team, started the tournament off with an early morning kickoff against a tough Niagara College varsity team. Both teams had their chances but picked up single points with a scoreless draw.

Things didn't get easier for the Alumni 1 team in their second game as they faced another strong varsity team from Fanshawe College. The action went back and forth but Fanshawe gained the advantage with the first goal of the game with a hard shot just out of the reach of goalie, Elaine Keller. But they didn't sit back and accept defeat, the Alumni continued to pressure the Fanshawe team and were rewarded for their hard work as Amy Finkbeiner blasted a shot past the Fanshawe netminder to equal the score and add another point to their standings with the tie.

In their third game, the Alumni 1 team battled the younger

Conestoga varsity squad. After coming off a tough loss to Niagara, the Condors came out aggressive, constantly putting pressure on the Alumni defence. But once again, it was another blistering shot from Finkbeiner to put the Alumni up by a goal. The frustrated Condors continued to pressure but to no avail and Alumni 1 got their first win of the tournament with a 1-0 win.

Going into their last game with a good record of 1-2-0, the Alumni faced one of the tournament favourites. George Brown came out strong right away but the Alumni keeper turned back numerous shots to keep the game scoreless. The Alumni fought hard but the Toronto team was too much as they peppered the goalie with shots, scoring three unanswered goals and handing the Alumni team their first loss and any chances of progressing in the tournament.

Conestoga's other Alumni team, Alumni 2, started their tournament off in tough contention as they faced last year's tournament champions, Canadore.

Although they fought hard, Canadore was too much for Alumni 2 and they lost their first game 2-0.

Alumni 2 faced another tough opponent as they played Sheridan College in their second match. Sheridan found the aggressive play of their opponents tough to match as both teams exchanged goals but managed to edge by with a 3-2 win.

Although things didn't get much easier for the former Conestoga players, they were determined not to let their tough start get to them. In their third game the Alumni fought another tough GTA team, Humber College, but with continued aggressive play and constant pressure they put two goals in for a 2-0 win.

But that's where their tournament success ended as Alumni 2 were handed their third loss in a very close match against Georgian College with a score of 2-1.

As a convener and player, Ford said she was happy with the result of the tournament.

"The venue's great and everyone loves coming here," she said. "I look forward to it every year."

Top: A George Brown Huskies' forward gets a shot on net against the Conestoga Alumni 2 team at the 13th annual Condor Women's Indoor Soccer Tournament on Feb. 4. The Huskies dominated the match winning 3-0 and went on to become the tournament champions.

Right: The Condor's varsity team pressure the Niagara Knights' defence. After a hard-fought game, Conestoga came up short losing to the Knights 1-0. The Condors had a rough tournament, but are using the games to prepare for the rest of the season.

Photos by
Eric Murphy

Women's indoor soccer team has tough start to season

By ERIC MURPHY

The women's indoor soccer team had a disappointing finish at the 13th annual Condor's Alumni Indoor soccer tournament at the recreation centre on Feb. 4.

The Condors started the tournament off strong but found themselves down with an early goal by a strong Fanshawe College team. However, Conestoga didn't give up and were rewarded for their determination when Kelly Lewis fired a shot off the post into the net to bring the teams even. With the action going back and forth, the Condors found lady luck on their side as a shot by Fanshawe ricocheted off one post then the other but somehow stayed out of the net. The hard-fought game ended in a 1-1 draw.

Head coach, Aldo Krajcar, said he was happy with how his team started the tournament.

"Last year Fanshawe beat us seven or eight nothing," he said. "It's our first indoor game so I am very happy with the result."

In their second game, the Condors came up short against a hard-working team from Niagara College. Once again Conestoga



worked hard but this time they were unable to solve a tough, gritty Niagara defence, losing a close one, 1-0.

The third game was a match of the old versus the new as the varsity team faced one of the Conestoga Alumni teams. Both teams had chance after chance but both goalies kept their teams in it until Alumni player, Amy Finkbeiner, managed to get a shot by varsity keeper, Courtney Zettler. The Condors pressed, creating many chances but were unable to close the gap and fell 1-0 to the Alumni in another very even matchup.

The Condors' last game of the tournament didn't get any easier as they found themselves up against a very strong team from George Brown College. The GTA college hadn't lost a game in the tournament but the Condors didn't let that intimidate them. Conestoga came out strong, testing their opponent's goalie early but the talented keeper kept the game even. Both teams played hard and it looked like they would play to a tie but a late goal by George Brown killed all hopes of the Condors pulling out another draw. George Brown eventually went on to win

the final and become this year's champions.

Coach Krajcar said the team will continue to build and the tournament will help them prepare for future games.

"It's our first tournament together, we have two players that have never played indoor and so we'll continue to build and get ready for regionals," he said.

Penalty kicks decided the championship game, with George Brown winning against last year tournament champions, Canadore.

George Brown coach, Garrett Redmund, said this tournament was a great way to prepare for their own upcoming tournament.

"The competition was very good, we were plagued with injuries but we still managed to come out on top," he said. "Shootouts are always nerve-racking but I'm very happy with the result, my team played great."

Redmund was also happy with the tournament and the facilities.

"I liked the way the tournament was set up and was very organized," he said. "The girls did say the floor was a little slippery at times but it was a good all around tournament."